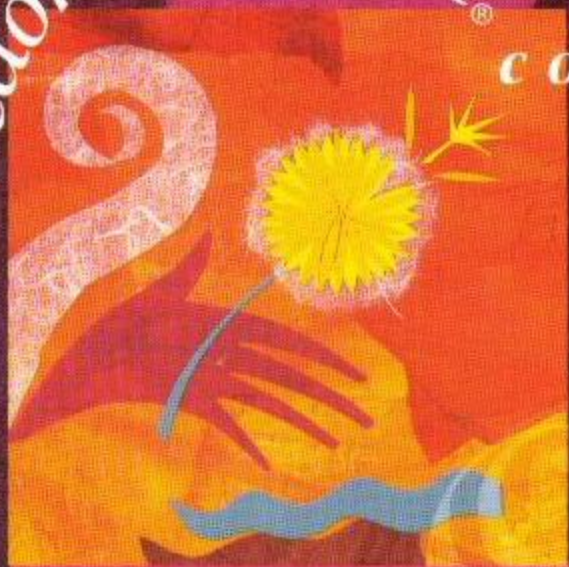


*the Sedona Method<sup>®</sup>*  
*course*



*Your Key to  
Lasting Happiness,  
Abundance  
and Well Being*

**W O R K B O O K**

*the Sedona Method<sup>®</sup> course*



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Lasting Happiness,  
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**W O R K B O O K**



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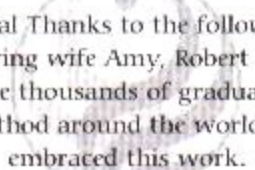




Dedicated in Gratitude  
to  
Lester Levenson







Special Thanks to the following:  
My loving wife Amy, Robert Adams  
and all the thousands of graduates of the  
Sedona Method around the world who have  
embraced this work.



"No one should ever accept anything until they can prove it out for themselves. There are two ways to prove things; externally and internally. Externally is proving it in the world by doing it. Internally is by seeing it intuitively before it happens."

"You should not believe anything we say but prove it out for yourself by having great wealth, happiness, well being and health in your life."

*Lester Levenson*

---

*Lester Levenson is the inspiration behind  
The Sedona Method® Course.*





# Welcome

---

Life is a precious gift, but just to be alive is not enough. We all want the best that life has to offer. This means, for most, experiencing growth in all areas of your life with abundant energy and an unflinching sense of peace and well being. As a graduate of **the Sedona Method®**, you'll experience all this and more.

**The Sedona Method®** is founded on the most basic scientific principles. The Method works by showing you how to eliminate the subconscious blocks that hold you back from having what you choose.

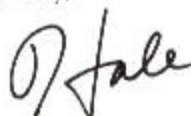
**The Sedona Method®** is an inner technique for letting go that instantly puts you in touch with your natural successful self so you feel confident, calm and in control in any situation.

**The Sedona Method®** is not intellectual. It's an experiential learning process. The technique that you'll be learning is the "how-to of letting go." It will allow you to discharge and release all unwanted feelings easily and painlessly, on the spot.

Learning to use the Method will be cumulative. Your ability to use it will deepen on each day of the training and with each recording in the audio series. By the time you complete the course, you will have developed the ability to use this dynamic technique any time without taking time out from your other activities. Once you've got it—you've got it!

We are pleased to welcome you as a Sedona Method student. We know that you will find it to be the best investment you have ever made in yourself.

Sincerely,



Hale Dwoskin  
*President*





# gains

**"First of all, let me say that a personal discovery of mine is what you all call hootlessness.** I have found that if I really need or want some material thing or state to be mine, the first thing to do is clearly articulate in my mind what it is exactly that I want. And the second most important step is to expel any feelings of need or want—just to let it go. Then, sooner or later, what it was I wanted would materialize! Whenever I could do this, I enjoyed amazing results. Conversely, if I fretted or lusted, it would never happen. It has been a revelation to me now to have this phenomenon explained by your tapes and to show me how it applies to all three basic needs: acceptance, control and security. I honestly believe that it is no coincidence that halfway through the tapes, I enjoyed a "miracle" that made me a millionaire overnight—literally."

...Robert Dial, Tampa, FL

**"I have released the fear that cancer would return to my body.** I have learned to recognize how the appearance of even a small symptom can trigger a tremendous amount of fear—and now, I can release

on the symptoms in the moment they arise and be pain and fear free." ... Jeanne-Neera Fingerhut, Depoe Bay, OR

**"The most amazing thing happened to my husband,** who listened to the tapes with me. He has had hypertension for over thirty years and diabetes for five years. His diabetes is now under control, and he has been discharged from a diabetes clinic. His blood pressure is within normal range, and he does not express his feelings as before. He has become someone much easier to live with. I had stayed with him for security reasons, but now I will stay because I choose to."

...Carol D. Jones, Fort Pierce, FL

**"I have lost 90 pounds with-**in the past year and a half."

...Sandy G., New York, NY

**"My productivity and focus in work has increased 200%.** In many ways, I have gotten more done over the last four weeks than I have in the previous four months. Many potentially nettlesome situations have been defused. I am feeling far more in control in my working relationships; I also bounce back quickly from setbacks

with a better plan of action. Interesting and exciting opportunities are also taking shape." ...David Dale, Richmond, BC, Canada

**"In the six weeks that I have been practicing the Method—and with my number one objective being to lose weight—I have lost sixteen lbs.** I feel better, and, I believe, look better. I really do feel like I have dropped ten years and, at 54, that's no mean feat. The amazing thing is that I have not gone out of my way to diet. I have not done any other plan, yet, incredibly, I have lost weight. My opinion is that the course is worth every penny."

...Michael Heath, Cheshire, England

**"I used the Sedona Method to release physical pains,** discomfort and heaviness from my body and found myself experiencing a lot of releases through my shoulders, neck and arms. It culminated in my experiencing myself in a state of well being and having greater flexibility in my body movement."

...Catherine G., New York, NY



# Please Read This First

This section will be your "road map" through the enclosed materials. It will make your experience of this seminar as simple and as profitable as possible.

Before you begin, please notice that your seminar is made up of twenty sessions, which correspond to the twenty sections of this accompanying workbook. *If you have received bonus recordings with your program, please wait to listen to them until after you have completed all twenty sessions.*

Please work with these sessions in order, starting with the first session in Volume One. Work at your own rate, allowing enough time for you to gain the benefit that each recording has to offer. Each recording is labeled numerically to match the corresponding section of the workbook. This will make it easy for you to follow along in the workbook if you choose. Each recording is designed to build a solid foundation for the work that follows on the next recording.

It is important to note that the first ten sessions present the **basics of letting go**, and the second ten sessions show you the core of the Sedona Method—how to **eliminate the root cause** of all limiting emotions. You will have gained a complete understanding of the Sedona Method only after completing all twenty sessions.

In these sessions, you will hear a great deal about "releasing" and the Sedona Method. The purpose of these sessions is to guide you in an experiential way in learning how to "release" the negative reactions or feelings that are holding you back from achieving your full potential.

Be aware that the process is **completely internal**. That is, it has nothing to do with anything **or anyone** else in the world except you yourself. It has to do only with your **internal reactions or feelings** towards the people and the circumstances in your life.

What you will release are those **internal reactions or feelings**. The process is so simple and so enjoyable that it may even make you laugh.

When you listen to the sessions, don't hold back. Allow yourself to release—to let go of—your own feelings as best you can along with the sessions. Please note that because of the relaxing nature of these sessions, you may not always experience your feelings strongly. This does not mean that you are not doing great work. Releasing in general is just as effective for strong or light feelings. In fact, if you make it a habit to release in life even on the "small stuff," it will all eventually feel like "small stuff."

Follow these instructions carefully. You will quickly find yourself experiencing a sense of relief as you begin to let go of your own internal tension and other stressful feelings. In fact, you will soon see for yourself the many benefits you can achieve through the Sedona Method.

All the tremendous progress you'll make, and all the benefits you'll receive will come—and come rapidly—when you apply what you've learned.

Be aware, however, that sometimes there can be surprises—pleasant ones, to be sure—but unexpected nonetheless. For instance, the specific area of your life that you're anxious to change with the Sedona Method may not change as



# Please Read This First

quickly as you would like, or it may actually be the last area of your life to turn around.

To explain this in another way, let's say an individual turns to the Sedona Method specifically to open herself to greater financial success. She listens to the seminar attentively, dutifully uses the workbook and yet finds no immediate financial gain. Instead, she may initially find herself gaining superior health and then perhaps discover improvements in her personal relationships. After that, she might experience heightened abilities in the workplace. Only then may she finally allow herself to achieve the financial success she was looking for.

The Sedona Method will definitely bring about important changes in your life. It's just that, occasionally, those changes may not arrive in exactly the order you hoped for. And your friends might notice the changes in you before you do.

You will also notice as you use this process that you will become more sensitized to your feelings. This is a sign of progress; it means that you are ready to become aware of and release many emotions that you were either suppressing or avoiding. The good news is that you will find it easier and easier to let go the more you use this process, which is what creates the safety for you to experience your feelings more deeply. You will also feel the good feelings more fully and will gain even more enjoyment and aliveness out of everything you do.

Please remember that it's not enough just to listen to the sessions. You must be an active **participant**. The first time you listen to the sessions, it is a good idea to give them your full attention. After that, you can listen to them in

any setting you choose. You will also get a lot more from the course if you **work in the workbook**.

Since each recording is clearly marked with the corresponding section in the workbook, whenever possible, refer to that section of the workbook as you listen to the sessions. You will also benefit greatly by actually working on the worksheets. Don't worry about keeping your workbook clean. In the unlikely event that you do decide to return this course, only the recordings and the albums need to be in good condition to qualify for a refund. We hope, if your workbook does come back, that it is dog-eared and written all over or has pages missing, indicating that you have really given this program a chance to work for you.

A word about work: Most of us believe in the adage "no pain, no gain." As you work with releasing, I'm sure you will discover that this isn't true. So, rather than *working* with this seminar, allow yourself to engage in it as a fun game of exploration of all that is truly possible for you. Yes, growth can be fun.

Have the courage to make these wonderful changes for the better in your life. Give yourself the happiness, success and well being you deserve. We want you to have it. And we **developed this seminar to help you get it**.

As you allow the Method's ease, simplicity and amazing power to reveal itself to you easily, you will be gaining a tool that will be with you from now on. For over twenty-seven years, people just like you have been using this one powerful technique to radically improve their lives and their well being.





# Please Read This First

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Please read the following questions and answers and through to page fifteen in your workbook *before* you start listening to the sessions.

**The following questions and answers will help you get the most from this seminar. In addition to reading them now, review them as needed as you go through this course.**

**Do I have to change my beliefs or believe something new?**

Absolutely not. There is nothing you have to change about your beliefs in order to benefit from this program. In fact, we suggest you don't just believe anything we say. Allow yourself to remain open to discovery and prove (or disprove) it for yourself.

**How long does it take to learn how to release?**

That's up to you. The sessions will start teaching you the process of releasing from the end of the second recording. However, seeing measurable results depends on how quickly you go through the sessions and how much you apply what you are learning in your everyday life. Releasing gets easier to do the more you do it. Also, you may not feel big shifts right away, depending on how much of this kind of work you have done in the past. The results may start out subtly.

**What does it feel like to release?**

The experience of releasing varies widely depending on the individual. Changes become more pronounced over time. Most people feel an immediate sense of lightness or a relaxation as

they use the process. Others feel energy moving in their bodies like they are coming back to life. You will also notice that your mind will get progressively quieter and your remaining thoughts clearer. You will start to see more solutions rather than just problems. Over time, it may even feel positively blissful.

**Could you? Would you? When? What do these questions mean?**

Please remember you will not have learned the full Sedona Method until you have completed all twenty sessions. **The core of the Sedona Method is its ability to help you to get to the very root of all limitation and to let go at that deepest level. We don't start that work until session eleven.**

As you work with these questions in the first ten sessions, do your best to allow them to lead you to the experience of letting go with as little inner conversation as possible. Remember, you are letting go of the feelings that are in the way of having what you choose, not the things themselves. You will find that, as you let go over time, all the positive goals that you are seeking will be easily pulled into your experience.

## Step One:

**1** Focus on your issue, and then *allow yourself to feel whatever you are feeling in this moment*. This may seem simplistic, but it needs to be. Most of us live in our thoughts about the past and the future, rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our business or our life) is NOW. You are also only letting go of what you are feeling now, not all feelings about this topic for all time. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb,





# Please Read This First

flat, blank, cut off or empty inside, those are feelings that can be let go of just as easily as the more recognizable ones. Just do the best you can. The more you work with this process, the easier it will be for you to identify what you are feeling.

## Step Two:

**2** Ask yourself one of the following three questions: "Could I let this feeling go?" Or "Could I allow this feeling to be here?" Or "Could I welcome this feeling?" These questions are merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go even if you say "no." As best you can, answer the question that you chose with a minimum of thought, staying away from second-guessing yourself or getting into a debate with yourself about the merits of this action or its consequences. All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go. Go on to step three, no matter how you answer this first question.

## Step Three:

**3** No matter which question you started with, ask yourself this simple question: "Would I?" In other words, "Am I willing to?" Again, stay away from debate. Also, remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, long-standing or right. If the answer is "no," or if you are not sure, ask yourself "Would I rather have this feeling, or would I rather be free?" Even if the answer is still "no," go on to step four.

## Step Four:

**4** Ask yourself this simpler question: "When?" This is an invitation to just do it now. You may just find yourself easily letting go.

## Step Five:

**5** Repeat the preceding four steps as often as needed until you feel free of the feeling. You will probably find yourself letting go a little on each step of the process. The results at first may be quite subtle, but, very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

### How do I know I'm doing it right?

If you are noticing any positive shifts in feeling, attitude or behavior, then you are doing it right. However, every issue you work on may require different amounts of releasing. If at first it doesn't shift completely, release and release again. Continue releasing until you have achieved your desired result.

### What if I feel I don't know how to release?

We were all born with the innate ability to let go. If you have ever watched a happy young baby, you know what I mean. Because this ability was not under your conscious control, you forgot over time how to do it. It doesn't require thinking to do because it is so natural—just like you don't think, "breathe," every time you take a breath. Another way to look at that is the example of a light switch: The first time you turned on a light switch, did you know how it worked? Probably not. Nevertheless, the light turned on, and you were able to experience the benefit of the light right away, before you ever understood how it worked.



# Please Read This First

The more you can lead with your heart and not your mind in this process, the easier it is to do. If you find you are getting stuck in wanting to figure it out, try letting go directly of the "wanting to figure it out" and see what happens.

## **How often should I release?**

This is one good thing you can't overdo. The more you use the Method throughout your day, the more benefits you will receive. It can be done anywhere, any time to immediately feel better, clearer, more confident and just plain more alive. Look at each upset in your life as an opportunity for greater freedom through releasing. And remember to have fun—avoid turning releasing into another "should."

## **How could something so simple be so powerful?**

The most powerful and usable things in life are the simplest. When things are allowed to remain simple, they are easy to remember and duplicate.

No one has to convince you how critically important breathing is, but if I wanted to give you a procedure to follow for breathing, it would be "breathe in, breathe out...repeat as needed." What could be simpler? Yet there is little more that is of central importance to your life. As you use the Method over time, you will discover that it can become as easy and as second nature—requiring as little thought—as breathing does now.

## **What should I do if I find myself getting caught back up into old patterns of behavior or I just plain forget to release?**

First, it is important to remember that this is to be expected, and it's OK. Your ability to release will increase over time. When you have

recognized that there is a problem, you can always release now. When learning to release, you may go through the following progression: you will do things just the way you did them before, and you will only remember to release afterwards. The moment you recognize that there is a problem, simply release. Over time, you will start to catch yourself in the middle, when you are involved in the old behavior pattern. When you recognize that you are doing it again, you can just release, and you will find that you are able to change the old pattern. Over more time, you will catch yourself about to get caught up in the pattern again, and you will release and not do it. Finally, you won't even need to release about that particular tendency because you will have completely let it go. If you allow yourself to be persistent, your attitude and effectiveness will eventually change for the better, even with long-standing problems. It is also helpful to schedule in short releasing breaks throughout your day to remind yourself to release.

## **How can I best utilize the Method based on the sense I lead with?**

Most of us lead with one of three forms of sensing: the visual, auditory and kinesthetic. If you are not sure which one of these you lead with, in addition to asking yourself the releasing questions from the sessions, try all three of these approaches to letting go and use the one or ones that work best for you.

If you lead with your visual sense as you listen to the sessions, allow yourself to come up with your own visual images that will help you release. Here are several suggestions to get you started:

☉ You may try visualizing a knot where you feel the tension or feeling in your body and see



# Please Read This First

it unraveling as you let it go.

② You can picture yourself gripping the feeling tightly in your hand and picture your hand opening and see the feeling leaving. You can even physically reinforce this by making a fist, holding your fist by your solar plexus and actually opening your hand as you let go.

③ You may imagine the energy of the feeling is like a balloon and, as you stick a pin in it and you see it pop, the energy dissipates.

④ You can also imagine that the feelings are pockets of negative energy trapped in your body and see yourself poking holes in these pockets, letting the negative energy drain out.

Have fun with this and come up with your own analogies or visualizations.

If you lead with your auditory sense, you can have a positive, encouraging conversation with yourself and reassure yourself that it's OK to let go as you ask yourself the releasing questions.

If you are kinesthetic, you lead with your body sensations. Allow yourself to feel the feeling fully and allow yourself to relax and open and feel the feeling leaving as you let go.

All three modalities can benefit from any of these suggestions at different times. You can also use the exercise of physically holding a small object and letting it go as you ask yourself the releasing questions. You let the object go as a reinforcement when you are ready to release.

## **How is this process going to help me get what I want?**

The Method is a tool that frees you to have, be or do whatever you will or desire by showing you how to let go of whatever is inside of you that says you can't have it, shouldn't

have it or don't deserve it...all the negative self-talk and limiting feelings that hold you back. Once your inner de-motivators are removed, you are free to have it all.

## **What if I'm not sure I'm getting it or I need some assistance?**

Give it time to unfold. We have all spent most of our lives suppressing and expressing our feelings and rarely letting them go. It takes practice to rediscover that it is possible and even easy just to let go. The results in the beginning are often subtle. You may start by feeling only small changes each time you release. Even the subtle releases count. Be persistent. Whatever you let go of is gone for good, though there may be more feelings that will come up in layers about any particular problem until they are all gone. As we have already mentioned, others may see changes in you before you do, because it is often hard to be objective of our own progress.

It is important to listen to and work with all twenty sessions before drawing any conclusions about the effectiveness of this program. You can review this section whenever you need to for further suggestions. You can also call us for releasing support from 9:00 am to 4:00 pm MST, Monday-Friday, at (520) 282-3522.

Congratulations on having begun the process of transforming your whole life for the better. The more you put into this program, the more you will get out of it. And you will find the results are both cumulative and increase over time. Have fun. We hope to see you at one of our advanced courses soon.





# Section 1



Use this section to get clear within yourself what you would like to get from this course. Then select one or two items that will be your focus throughout the course. You can come back to this section any time you are looking to find a topic to focus your releasing.





# What I would like to get from this course

We'd like to provide you with an opportunity to focus on the issues that are most important to you. View this sheet as a wish list of whatever you would like to change or improve in all areas of your life, both personally and professionally. You can refer back to this list from time to time throughout your course to find issues you would like to address. This course is the beginning of many positive changes in your life, so allow the list to far exceed what you think you can accomplish during the course.

## Personal

## Professional

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# Section 2



In this section of the course, we will explore what we usually do with our feelings when we are not letting them go. Then we will explore the new option of letting go.



## How to get the most from this process:

This process will help you to free yourself from all of your unwanted patterns of behavior, thought and feeling. All that is required from you is your being as open as you can to the process. It will free you to access clearer thinking; yet, it is not a thinking process. It will help you to access heightened creativity, although you don't need to be particularly creative to be effective at doing this. You will get the most out of this process the more you allow yourself to see, hear and feel it working rather than thinking about how and why it works. Lead, *as best you can*, with your heart, not your head. If you find yourself getting a little stuck in trying to figure it out, you can use the process to let go of "wanting to figure it out." We promise, as you work with this process, you will understand it only by doing it, experiencing it.

## What do we mean by letting go?

There are three ways to approach the process of letting go. They all lead to the same result: showing you how to tap your natural ability to let go of any unwanted feeling on the spot. The first is by choosing to let go of the unwanted feeling; the next is to welcome the feeling or allow the feeling just to be; the third is to allow yourself to dive into the very core of the feeling. These are described experientially in the course.

Let us explain. Pick up a pen, a pencil or some small object that you would be willing to drop without giving it a second thought. Now, hold it in front of you and really grip it **tightly**. Pretend this is one of your limiting feelings, and your hand represents your gut or your consciousness. Now, open your hand and roll the object around in your hand. Notice that you are the one holding onto it, and it is not attached to your hand. This is true with your feelings, too. Your feelings are as attached to you as this

object is attached to your hand. We hold onto our feelings and forget that we are holding onto them. It's even in our language when we feel angry or sad we don't usually say, "I feel angry" or "I feel sad." We say, "I am angry" or "I am sad." We are saying, without realizing it, that we are the feeling. We often feel that they are holding onto us. This is not true...we are always in control but don't know it. Now, let the object go. What happened? You let go of the object, and it dropped to the floor. Was that hard? Of course not. That's what we mean when we say "let go." You can do the same thing **with any feeling**.

Sticking with that same analogy, if you walked around with your hand open, it would be very difficult to hold onto the pen. When you allow or welcome a feeling, you are opening your consciousness, and this allows the feeling to drop away all by itself—like the clouds passing in the sky.

If you took this same object and magnified it large enough, it would appear more and more like empty space. That is what you will discover when you dive into the very core of a feeling: there is really nothing there. As you master this process, you will discover that even your deepest feelings are just on the surface; at the core you are empty, silent and at peace, not in the pain and darkness that most of us assume. In fact, even our most extreme feelings have as much substance as a soap bubble, and you know what happens when you poke your finger into a soap bubble—it pops. That is exactly what happens when you dive into the core of a feeling.

Keep this analogy in mind as we go through the process together.

The following description is designed to help you to use this process on your own. You will also find it helpful to refer to as you listen to the recordings. This process will really shine as you use it in life when you need it the most, not just



when you are listening to the recordings. In fact, you will find that, in order to get the maximum benefit from this course, it is very helpful to practice this process in life whenever possible. The more you use it, the more you will get out of it. (Please note: parts of this procedure are also in the Read This First Section of the workbook. It is repeated here for emphasis and review.)

#### Step One:

**1** Focus on your issue and **then allow yourself to feel whatever you are feeling in this moment.** This may seem simplistic, but it needs to be. Most of us live in our thoughts about the past and the future rather than being aware of how we actually feel in this moment. The only time that we can actually do anything about the way we feel (and, for that matter, about our business or our life) is NOW. You don't need to wait for a feeling to be strong before you let it go. In fact, if you are feeling numb, flat, blank, cut off or empty inside those are feelings that can be let go of just as easily as the more recognizable ones. Just do the best you can. The more you work with this process the easier it will be for you to identify what you are feeling.

#### Step Two:

**2** Ask yourself one of the following three questions: **"Could I let this feeling go?"** Or **"Could I allow this feeling to be here?"** Or **"Could I welcome this feeling?"** These questions are merely asking you if it is possible to take this action. "Yes" or "no" are both acceptable answers. You will often let go even if you say "no." As best you can, answer the question that you chose with a minimum of thought, staying away from second-guessing yourself or getting into a debate with yourself about the merits of this action or its consequences. All the questions used in this process are deliberately simple. They are not important in and of themselves but are designed to point you to the experience of letting go. Go on to step three no matter how you answer this first question.

#### Step Three:

**3** No matter which question you started with ask yourself this simple question: **"Would I?"** In other words "Am I willing to?" Again stay away from debate. Also, remember that you are always doing this process for yourself—for the purpose of gaining your own freedom and clarity. It doesn't matter whether the feeling is justified, long-standing or right. If the answer is "no," or if you are not sure ask yourself "Would I rather have this feeling, or would I rather be free?" Even if the answer is still "no," go on to step four.

#### Step Four:

**4** Ask yourself this simpler question: **"When?"** This is an invitation to just do it *now*. You may just find yourself easily letting go.

#### Step Five:

**5** **Repeat the preceding four steps as often as needed** until you feel free of the feeling. You will probably find yourself letting go a little on each step of the process. The results at first may be quite subtle, but, very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of feelings about a particular topic. However, what you let go of is gone for good.

#### Important Reminder:

This same procedure is used throughout the first volume of this seminar. Please remember that they are purposely simple. We use them repeatedly because of our built-in resistance to simplicity. As you hear them repeatedly, you will find that even if there is some initial resistance to the repetition of these questions, their simplicity will grow on you, making it easy to incorporate releasing into your life. These questions are just the first step in the process of letting go. We will develop this process further together as the course unfolds. Also, you will not fully appreciate how easy and powerful releasing can be until you have given yourself some time to use it in your life.





# gains

**"With the Sedona Method at my disposal, I no longer feel helpless** when negative feelings arise—I have a tool to prevent them from causing me to enter a downward spiral and even to reverse my outlook."

...D. Saul Weiner, Buffalo Grove, IL

**"I was able to apply the techniques after the first night.** I have participated in many other 'transformational' courses that have left me physically exhausted and emotionally exhausted at the end because there was a tremendous amount of external motivation applied. When that energy wears off after a few days or weeks, I would usually go back to most of my old habits, or it would take a lot of initial effort to keep using the techniques and strategies presented. The info and techniques applied here were very simple and straightforward. And because we got to release through the course, I am walking away feeling peaceful and with a positive 'knowing' that using the Method every day of my life allows me to continue receiving benefits for the rest of my life. Simple, powerful and fun!"

...John Richter, Austin, TX

**"I have no more craving of alcohol and drugs,** which, for the last fifteen years have run my life."

...Richard P., Boston, MA

**"My first experience with the Sedona Method was back in 1990.** I took the introductory course. Almost immediately my life changed. Now I was able to face fears and take necessary risks. I opened my own business, a successful retail store, 5 years ago. I'm single for the first time in 30 years and I'm finally comfortable and confident on my own-taking care of myself."

...Sharon Taft, Philadelphia, PA

**"I have learned to relax by releasing** and an unexpected gain has been that I no longer have a desire for alcohol—it feels good."

...Jackie D., New York

**"The most noticeable gain that I received from this Method is the feeling of patience.** At first, the process seemed rather redundant. As time went on, I started to see the sense of it all and got into sticking to the process of redundant release. The more I stuck to the process, the more I realized that the things that

bothered me were of my own making. I created more problems by reiterating each troubling scene in my mind, rehearsing my point and how important it was for me to make my point, that I never realized that nothing is really that important—at least not more important than being happy wherever we are at whatever time."

...Graduate, Bronx, NY

**"I am more able to say 'yes' to my feelings,** especially negative ones. Before, I used to feel very guilty when I observed negative ones coming up. I was those feelings. Now I am the watcher—they are not me. I have been feeling much happier with myself without having to be perfect."

...Graduate, London, UK

**"I am happy to tell you that I have made the biggest gain so far.** At last I have finally quit smoking, something that I felt that only a miracle would accomplish."

...Royetta M., Los Angeles, CA



# Section 3



The following list of nine emotions is a summary of what we find ourselves feeling throughout our day and some of the thoughts and actions that these feelings motivate. If you have a particular category that you react to or have a hard time identifying with, you are probably experiencing situations in your life that relate to that particular emotion. Take some time to explore that emotion and get more comfortable with it. We will be doing some focused releasing on each emotional state. As you learn to release these emotions, you will start to notice positive changes in all areas of your life. As you practice this process, you will also learn that it is safe to feel them because you can also easily let them go.



# Apathy

---

**In apathy**, we feel as though desire is dead and it's no use. We can't do anything, and no one else can help. We feel dense, heavy and see no way out. We withdraw and play weak so we won't get hurt. Our minds can get so noisy that we may go numb. The pictures we have are the most limited and destructive so that we see only failure and how we can't and no one else can, as well. We have little or no energy to act on our pictures and thoughts because inwardly we are being pulled in so many conflicting directions.

- |                 |                 |                 |                  |
|-----------------|-----------------|-----------------|------------------|
| • Bored         | • Drained       | • Invisible     | • Stoned         |
| • Can't win     | • Failure       | • It's too late | • Stuck          |
| • Careless      | • Forgetful     | • Lazy          | • Too tired      |
| • Cold          | • Futile        | • Let it wait   | • Unfeeling      |
| • Cut-off       | • Giving up     | • Listless      | • Unfocused      |
| • Dead          | • Hardened      | • Loser         | • Useless        |
| • Defeated      | • Hopeless      | • Lost          | • Vague          |
| • Depressed     | • Humorless     | • Negative      | • Wasted         |
| • Demoralized   | • I can't       | • Numb          | • What's the use |
| • Desolate      | • I don't care  | • Overwhelmed   | • Why try?       |
| • Despair       | • I don't count | • Powerless     | • Worthless      |
| • Discouraged   | • Inattentive   | • Resigned      |                  |
| • Disillusioned | • Indecisive    | • Shock         |                  |
| • Doomed        | • Indifferent   | • Spaced out    |                  |



# Grief

**In grief**, we want someone else to help us because we feel that we can't do anything on our own, but we hope maybe someone else can. We cry out in pain for someone to do it for us. Our body has a little more energy than in apathy, but it is so contracted that it is painful. Our mind is a little less cluttered than in apathy but still very noisy and opaque. We picture our pain and loss, often getting lost in these pictures. Our thoughts revolve around how much we hurt and what we have lost and if we can get anyone else to help.

- Abandoned
- Abused
- Accused
- Anguished
- Ashamed
- Betrayed
- Blue
- Cheated
- Despair
- Disappointed
- Distraught
- Embarrassed
- Forgotten
- Guilty
- Heartbroken
- Heartache
- Heartsick
- Helpless
- Hurt
- If only
- Ignored
- Inadequate
- Inconsolable
- It's not fair
- Left out
- Longing
- Loss
- Melancholy
- Misunderstood
- Mourning
- Neglected
- Nobody cares
- Nobody loves me
- Nostalgia
- Passed over
- Pity
- Poor me
- Regret
- Rejected
- Remorse
- Sadness
- Sorrow
- Tearful
- Tormented
- Torn
- Tortured
- Unhappy
- Unloved
- Unwanted
- Vulnerable
- Why me
- Wounded





# Fear



**In fear**, we want to strike out, but we don't because we think the risk is too great—they will probably hit us harder. We want to reach out but do not because we think we'll get hurt. Our body has a little more energy than in grief, but it is still so contracted that it is mostly painful. Feelings can rise and fall very rapidly, like water on a hot skillet. Our mind is a little less cluttered than in grief but still very noisy and opaque. Our pictures and thoughts are about doom and destruction. All we can think and see is how we will get hurt, what we may lose and how we can protect ourselves and those around us.

- Anxious
- Apprehensive
- Cautious
- Clammy
- Cowardice
- Defensive
- Distrust
- Doubt
- Dread
- Embarrassed
- Evasive
- Foreboding
- Frantic
- Hesitant
- Horrorified
- Hysterical
- Inhibited
- Insecure
- Irrational
- Nausea
- Nervous
- Panic
- Paralyzed
- Paranoid
- Scared
- Secretive
- Shaky
- Shy
- Skeptical
- Stage fright
- Superstitious
- Suspicious
- Tense
- Terrified
- Threatened
- Timid
- Trapped
- Uncertain
- Uneasy
- Vulnerable
- Want to escape
- Wary
- Worry



# Lust

**In lust**, we desire possession—WANTING. We hunger for money, power, sex, people, places and things, but with hesitation. We may or may not reach out. We have an underlying feeling that we cannot or should not have. Our body has a little more energy than in fear. It is still quite contracted, but the sensations now are sometimes quite pleasurable, especially compared to the lower energy emotions. Feelings can be very intense. Our mind is a little less cluttered than in fear but still very noisy and obsessive. We may try and medicate our pictures with positive fantasies, but, underneath, our pictures are really about what we don't have. Our thoughts are about what we need to get and what we don't have. No matter how much we do get, we never feel satisfied and rarely enjoy what we have.

- |               |                  |                |
|---------------|------------------|----------------|
| •Abandon      | •Gluttonous      | •Obsessed      |
| •Anticipation | •Greedy          | •Overindulgent |
| •Callous      | •Hoarding        | •Possessive    |
| •Can't wait   | •Hunger          | •Predatory     |
| •Compulsive   | •I want          | •Pushy         |
| •Craving      | •Impatient       | •Reckless      |
| •Demanding    | •Lascivious      | •Ruthless      |
| •Devious      | •Lecherous       | •Scheming      |
| •Driven       | •Manipulative    | •Selfish       |
| •Envy         | •Miserly         | •Voracious     |
| •Exploitive   | •Must have it    | •Wanton        |
| •Fixated      | •Never enough    | •Wicked        |
| •Frenzy       | •Never satisfied |                |
| •Frustrated   | •Oblivious       |                |



# Anger



**In anger**, we desire to strike out, to hurt and stop others, but with hesitation. We may or may not strike out. Our body has a little more energy than in lust. It is less contracted, and the sensations can often be very intense and explosive. Our mind is a little less cluttered than in lust but is still noisy, stubborn and obsessive. Our pictures are about what we are going to do to others and of destruction. Our thoughts are about what we can do to get even and how we are going to make others pay. This energy can frighten us and cause us to move into lower energy levels and to hurt ourselves. The actions we take are mostly destructive to ourselves and those around us.

- Abrasive
- Aggressive
- Annoyed
- Argumentative
- Belligerent
- Boiling
- Brooding
- Caustic
- Defiant
- Demanding
- Destructive
- Disgust
- Explosive
- Fierce
- Frustrated
- Fuming
- Furious
- Harsh
- Hatred
- Hostility
- Impatience
- Indignant
- Irate
- Jealous
- Livid
- Mad
- Mean
- Merciless
- Murderous
- Outraged
- Petulant
- Pushy
- Rebellious
- Resentment
- Resistant
- Revolted
- Rude
- Savage
- Simmering
- Sizzling
- Smoldering
- Spiteful
- Steely
- Stern
- Stewing
- Stubborn
- Sullen
- Vengeful
- Vicious
- Violent
- Volcanic
- Wicked
- Willful



# Pride

**In pride**, we want to maintain the status quo. We are unwilling to change or move, and therefore we stop others from movement so they don't pass us up. Our body has a little more energy than in anger, but it often becomes unavailable. Even though it is less contracted, it is often muted and less visible. Our mind is a little less cluttered than in anger but still noisy, rigid and self-involved. Our pictures and thoughts are about what we have done and what we know. If we are even aware of others, we hope they will notice how great we are to cover over our nagging doubts.

- |                  |                    |                  |
|------------------|--------------------|------------------|
| • Above reproach | • Gloating         | • Self-absorbed  |
| • Aloof          | • Haughty          | • Self-satisfied |
| • Arrogant       | • Holier than thou | • Selfish        |
| • Bigoted        | • Hypocritical     | • Smug           |
| • Boastful       | • Icy              | • Snobbish       |
| • Bored          | • Isolated         | • Special        |
| • Clever         | • Judgmental       | • Spoiled        |
| • Closed         | • Know-it-all      | • Stoic          |
| • Complacent     | • Narrow-minded    | • Stubborn       |
| • Conceited      | • Never wrong      | • Stuck-up       |
| • Contemptuous   | • Opinionated      | • Superior       |
| • Cool           | • Overbearing      | • Uncompromising |
| • Critical       | • Patronizing      | • Unfeeling      |
| • Disdain        | • Pious            | • Unforgiving    |
| • Dogmatic       | • Prejudiced       | • Unyielding     |
| • False dignity  | • Presumptuous     | • Vain           |
| • False humility | • Righteous        |                  |
| • False virtue   | • Rigid            |                  |





# Courageousness

**In courageousness**, we have the willingness to move out without hesitation. We can do. We can correct. We can change whatever, wherever needed. We have the willingness to let go and to move on. Our body has a lot more energy than in pride, and it is available for constructive outward action. Our energy is high and available and clear. Our mind is much less cluttered than in pride and a lot less noisy. It is flexible, resilient and open. Our pictures and thoughts are about what we can do and learn and of how we can support others in the same. We are self-motivated and self-reliant while still being willing for others to succeed. We can laugh out loud, even at our own mistakes. Life is fun.

- Adventurous
- Alert
- Alive
- Assured
- Aware
- Centered
- Certain
- Cheerful
- Clarity
- Compassion
- Competent
- Confident
- Creative
- Daring
- Decisive
- Dynamic
- Eager
- Enthusiastic
- Exhilaration
- Explorative
- Flexible
- Focused
- Giving
- Happy
- Honorable
- Humor
- I can
- Independent
- Initiative
- Integrity
- Invincible
- Loving
- Lucid
- Motivated
- Non-resistant
- Open
- Optimistic
- Perspective
- Positive
- Purposeful
- Receptive
- Resilient
- Resourceful
- Responsive
- Secure
- Self-sufficient
- Sharp
- Spontaneous
- Strong
- Supportive
- Tireless
- Vigorous
- Visionary
- Willing
- Zest



# Acceptance

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**In acceptance**, we have and enjoy everything as it is. We have no need to change anything. It just is, and it's OK. It's beautiful just as it is. Our body has a lot more energy than in courageousness, yet it is mostly at rest, available if we need it. Our energy is light, warm and open. Our mind is much less cluttered than in courageousness and is mostly quiet and content. Our pictures and thoughts are in love with the exquisiteness of what is. Life is joyous.

- Abundance
- Appreciative
- Balance
- Beautiful
- Belonging
- Childlike
- Compassion
- Considerate
- Delight
- Elated
- Embracing
- Empathy
- Enriched
- Everything's OK
- Friendly
- Fullness
- Gentle
- Glowing
- Gracious
- Harmonious
- Harmony
- Intuitive
- I have
- In tune
- Joyful
- Loving
- Magnanimous
- Mellow
- Naturalness
- Nothing to change
- Open
- Playful
- Radiant
- Receptive
- Secure
- Soft
- Tender
- Understanding
- Warm
- Well being
- Wonder



# Peace

---



**In peace,** I we feel "I am.  
I am whole, complete  
and total unto myself.  
Everyone and everything  
is part of myself. It is all  
perfect." The body has a  
lot more energy than in  
acceptance but is totally  
at rest—still. The energy  
is quiet and calm. The  
mind is clear and empty,  
yet totally aware. There  
is no need for pictures or  
thoughts. Life is as it is,  
and all is well.

- |             |              |               |
|-------------|--------------|---------------|
| • Ageless   | • Free       | • Quiet       |
| • Awareness | • Fulfilled  | • Serenity    |
| • Being     | • Glowing    | • Space       |
| • Boundless | • I am       | • Still       |
| • Calm      | • Light      | • Timeless    |
| • Centered  | • Oneness    | • Tranquility |
| • Complete  | • Perfection | • Unlimited   |
| • Eternal   | • Pure       | • Whole       |



# freedom imperturbability

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Apathy

Grief

Fear

Lust

Anger






Pride

Courageousness

Acceptance

Peace



# Section 4



In this section, we will explore the three ways of releasing our feelings. You may choose to focus on one of the items that you selected as your focus for the course as you listen to this recording. This audio recording will guide you experientially through three unique perspectives on letting go. You may resonate with all three or only one or two of them. Work with the way of letting go that you relate to the most. As you get comfortable with that one, you will find the others will also become more helpful. As with every section of this course, it is OK to listen to this recording repeatedly for steadily increasing results.



# gains

**"For my entire adult life, I have been fighting with weight loss.** I have lost twenty+ lbs., and I don't diet. The weight is just leaving me. The weight loss has made a huge difference in my life but has also been benefiting in other areas of my life as well. I only hope that everyone that uses this Method gives it the time and opportunity to produce the changes they want in their lives."

...Graduate, Roaring Spring, PA

**"Never, in my sixty-one years of this life,** have I experienced such freedom and peace. One of my gains is that I have stopped trying to 'fix' my husband of forty-two years. That is one big gain."

...Gretchen Allmang, Hemet, CA

**"On my way to the grocery store (with the expressed purpose of obtaining a chocolate bar),** I did some releasing on that. I went to the store, shopped and got other things I needed, and it was not until I got home that I realized I had 'forgotten' the very thing I went for—the chocolate—but I didn't care, and the urge was gone."

...Graduate, Mendocino, CA

**"After having worked with the tapes and the workbook**

**for ten days,** I can confirm that the Sedona Method is simple to practice and effective. The course keeps what it promises, freedom from imprisoning emotions, thoughts and actions are within reach now. I have used the Sedona Method to clean up some of my returning emotional obstacles to harmonious communication, with both my colleagues and members of my family. I have found that I am able to respond with much more flexibility to previous stressful situations; consequently, my responses and actions are based on the here and now context of the situation and not on previous emotions and thought patterns. I will definitely continue to use the Sedona Method as a tool for both personal and professional development, and, of course, I will recommend this course to friends and colleagues."

...Graduate, Oslo, Norway

**"Having been asked not to use alcohol or drugs for the period of the course,** I was surprised to find how smooth my week was and how clear I seemed to be. I now realize that using alcohol is a choice over which I have control. What a freeing feeling to know

that I don't have to have a drink to relax, but that I can just release. This may seem inconsequential, but this is something I've had to watch since I had an alcoholic brother who committed suicide."

...Richard C., New York

**"Before taking the course, I had reached a point where I was increasingly chasing my tail** but somehow never getting anywhere. The more I tried, the worse it got, but I didn't know how to escape. I've been having many insights into past old patterns, which have dogged me for so long. I now feel confident that I have a way of understanding where the problems are coming from, and much more importantly, how I have been fueling them. Now, at last, I can let them go."

...Tony Cawley, Liverpool, England

**"The most beautiful gain of all, and this one I can hardly write,** it brings me so much joy—I feel I am finally free of the cervical cancer that threatened my ability to choose whether to have children or not. The course helped me discover the reason I was holding onto it, and I gently let it go." ...L.B., Los Angeles, CA



# Section 5



In this section of the course, we will discover the secret to breaking habits. We have seen thousands of people lose weight, stop smoking and break other destructive patterns of behavior just by applying the simple exercises on this side of the recording. This recording and what it teaches is meant to aid—not substitute—competent medical assistance or the support of an AA-type group. Always follow your group leader's or medical professional's advice. The suggestions on this recording are not meant to give you license to excess. If you find they are not supporting you in breaking the habit, discontinue their use and just continue releasing.

Before you begin, think of a habit in your life that you would like to be free of and use that as your focus as you proceed.





# Gains & Benefits

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A gain is simply feeling good where a moment before you were feeling disturbed. Gains are also the specific results you achieve through releasing. They include the large and small benefits, successes and accomplishments you enjoy day-to-day by using the Sedona Method.

Each time you record your gains at the back of this book, you validate what you have done to benefit yourself. In addition to being a record of your progress, your gains also remind you to keep using the Method.

There are many categories of gains. The following list provides a sampling of gains categories for your reference:

- ☉ Positive changes in behavior and/or attitude
- ☉ Greater ease and effectiveness in daily activities
- ☉ More effective communications
- ☉ Increased problem-solving ability
- ☉ Greater flexibility
- ☉ More relaxed and confident in action
- ☉ Accomplishments
- ☉ Insights and realizations
- ☉ Completions
- ☉ New beginnings
- ☉ Acquiring new abilities or skills
- ☉ Increase in positive feelings
- ☉ Decrease in negative feelings



# Section 6



In this section of the class, we will explore a process for applying the Method to any area of your life in which you would like to see improvement. Once you learn how to do this process, you can use the following sheets to continue the exploration on your own. You may choose to focus on one of the items you selected as your focus for the class as you listen to this recording. It is especially helpful in the area of relationships with yourself and others.



# Likes & Dislikes

This sheet can be used to do further releasing on any topic, i.e., being overweight, smoking, a relationship, your job, a person, a situation, etc.

Write down a topic at the top of the page. Then write down one thing that you like about that topic in the column that says, "What do I like about?" Focus on your NOW feeling about that topic and write that down in the column that says, "What is my NOW feeling about that?" Release your NOW feeling completely, then check off the "Let go" column. Repeat the above steps until you feel good about the like,

then check off the "Feel good" column. Next, write down one thing that you dislike about your topic in the column that says, "What do I dislike about?" Repeat the above steps until you feel good about the dislike. Once you feel good about the dislike, do another like. Continue this process until you feel released on your topic. Remember, we're letting go of the old habit of holding onto feelings, so keep releasing the good feelings as well, and you'll continue to feel better and better.

**Topic:** *My Boss*

What do I like about?	What is my NOW feeling about that?	Let go?	Feel good?
She listens when I have a problem	Relieved	✓	✓
She's fair	Happy	✓	✓
Gave me a raise	Secure	✓	✓
What do I dislike about?	What is my NOW feeling about that?		
She is demanding	Anger	✓	✓
Expects long hours	Fear	✓	✓
Perfectionist	Annoying	✓	✓
		<i>Did I completely let go?</i>	<i>I now feel good about it.</i>



# Likes & Dislikes

*Topic:* \_\_\_\_\_

What do I  
like about?

What is my NOW feeling  
about that?

Let go?

Feel good?

What do I  
dislike about?

What is my NOW feeling  
about that?

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*





# Likes & Dislikes

*Topic:* \_\_\_\_\_

What do I  
like about?

What is my NOW feeling  
about that?

Let go?

Feel good?

What do I  
dislike about?

What is my NOW feeling  
about that?

Did I  
completely  
let go?

I now feel  
good  
about it.



# Likes & Dislikes

*Topic:* \_\_\_\_\_

What do I like about?	What is my NOW feeling about that?	Let go?	Feel good?
What do I dislike about?	What is my NOW feeling about that?	Did I completely let go?	I now feel good about it.



# gains

**"I used to have a terrible problem with self-doubt and lack of confidence.** Since I have been using the Method on a regular basis, I am much clearer and calmer with my interactions with others. This clarity has led to improvement in literally every area of my life—financial, professional and personal. Thank you for a wonderful healing tool."

...Sandra Camacho, D.C., San Francisco, CA

**"My wife says it's like living with a different person,** and because she was so impressed, we went to the seminar in Cheltenham. That was great, too, and my wife is still benefiting from that. Anyone who hasn't suffered from depression has no idea of the awfulness of it. I was familiar with every feeling listed under Apathy in the workbook. Now I feel liberated. In fact, early on I could get quite scared that this Method would fail like all the others ultimately have; thank God, two months down the line, I'm doing really well after about fifty years of feeling like I did, to varying degrees, (since the age of about five). The irony is that I am in practice as a therapist and enjoy a healthy success rate with my clients for all sorts of

psychological problems. So the frustration of not being able to find my own solution was immense."

...Chris Altree, Devizes, UK

**"I had an unexpected outcome I want to share with you.** I had written down that I wanted to lose weight in the original goals for the course section. I did nothing about it, didn't release once on it, didn't use the course to help with it because I had other, more pressing goals. Recently, on two separate occasions, I ran into men I hadn't seen in a few months at our athletic club. Both times I was asked, quite emphatically, if I'd lost weight, because they really noticed the difference. I haven't weighed myself and don't intend to. I just plan on enjoying this unintended consequence of doing the course and practicing releasing."

...Roger Wiggins, MD, Evergreen, CO

**"I have released a perpetual knot in my stomach.** It has helped me to overcome panic attacks. It has cured my fear of driving over bridges."

...Graduate, Half Moon Bay, CA

**"I have found the Sedona Method incredibly helpful.** I have done various self-realization/self-help courses, but the Sedona Method is the simplest, quickest, safest and most effective I've found. When I started the course, I immediately felt calmer, happier and more full of energy—qualities that have remained with me. I found myself more open and friendly with people. I also found I was finishing tasks that I'd been putting off for months. I feel more philosophical about the future, and my relationship with my husband has improved enormously. I just feel much more contented with every aspect of my life. It's subtle, but marked. I've also found my creativity has increased, and I've started to write a novel—something I've wanted to do for years! Thank you."

...Rose Elliot, London, England

**"I use the Method when I feel a sinus headache developing.** After releasing, the feelings are gone. I use the Method to stop my chronic back problems from developing beyond a point when I know it is tightening up."

...James S.H., D.D.S., Maumee, OH



# Section 7



In this section and the one that follows, we will be exploring goals. The Method can be used as a powerful aid in achieving whatever you are looking for in life. This section will explore some unique ways of phrasing your goals so you are more likely to achieve them, as well as a way of combining releasing with visualization to unlock your full potential. You may choose to focus on one or more of the items that you selected as your focus for the course as you listen to this recording.





## Goals I would like to achieve

[illegible]

# Wording a Goal Statement

- 1** Phrase it in the now—as though it is already achieved. Phrasing it as a future event tends to keep it always out of reach always in the future.
- 2** Phrase the goal in the positive, without any negatives. Put in what you want not what you don't want. Your goal statement should reflect the end result that you want to achieve; therefore, be sure you do not include in your statement things you're wanting to get rid of. Keeping in mind what you don't want creates it.
- 3** It should feel real, realistic, and right for you—possible, with a sense of “I can have it.”
- 4** Include yourself in the statement in relationship to the goal.
- 5** Be precise and concise. Use as few words as possible while being sure to make it a complete statement of what you want. Choose the exact words that convey a specific meaning to you.
- 6** Be specific but not limiting. Don't limit the results by including limiting specifics. Leave things open as much as possible to allow for results being upgraded from what you initially project.
- 7** Word it to facilitate your letting go.
- 8** Eliminate the word “want.”
- 9** State the goal or end result and not the means or how you're planning to get it. These action possibilities would more appropriately go on the reverse side of your Goal Chart.
- 10** Focus on one goal per statement. Don't diffuse your energy by creating multiple goals in a goal statement.



# Goal Statements

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Goal Statements



# Sample Goal Statements

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**NOTE:** These can be used as a basis for creating your own individual goal statements. Simply adjust the final wording to reflect your particular situation.

## Job/Career/Financial

I allow myself to run my (business, department) efficiently and successfully.

I allow myself to release with ease throughout my workday.

I allow myself to easily have and enjoy the best job for me at this time in my (life) (career).

I allow myself to easily find and develop a career which will greatly utilize my creative abilities (and/or skills) and which will provide abundant financial rewards.

## Relationships/Communication

I allow my relationship with \_\_\_\_\_ to be \_\_\_\_\_ (choose from the following list: easy, relaxed, comfortable, friendly, harmonious, loving, constructive, supportive, open, honest, mutually beneficial).

I allow myself to easily and effectively communicate with my \_\_\_\_\_ (choose the appropriate category: spouse, co-workers, boss, subordinates, children, friends, or insert the person's name).

I allow my situation with \_\_\_\_\_ to be resolved with fairness and mutuality for all concerned.

I allow myself to love and accept (or forgive) (myself or \_\_\_\_\_) no matter what.

## Diet

I allow myself to easily achieve and maintain my ideal body weight.

I allow myself to enjoy eating foods that keep my body slender, healthy and fit.

## General Health

I allow myself to release naturally and with ease.

I allow myself to sleep well and awake refreshed and well rested at \_\_\_\_\_ a.m.

I allow myself to easily and cheerfully establish and maintain a lifestyle that promotes good health and fitness.

I allow myself to enjoy being a non-smoker.

I allow myself to lovingly support \_\_\_\_\_ in their growth and freedom.

I allow \_\_\_\_\_ to have what ever they want for themselves.





# Section 8



In this section, we will be taking our exploration of goals a step further by showing you how to use the Method to eliminate all the inner obstacles you have to achieving your goals. We have included several goal charts to give you an opportunity to continue this work on your own if you choose. The more you release the inner obstacles you have to having what you want in life, the more you will start to have those things you have always wanted.



# Goal Chart

Write your goal at the top of the page on the lines provided. The "Wording a Goal Statement" page provides some excellent guidelines to follow, so you may wish to refer back to it. Once you have written your goal, write down your NOW feeling about your goal in the column titled, "What is my NOW feeling about my Goal?" Release each feeling to completion.

Once you have released the feeling completely, check the "Let go" column. When you have released to feeling good, check the "Feel good" column. Read the goal again and then repeat the above procedure until you feel courageousness, acceptance or peace about your goal. Then, turn to the next page and work on your "To do" List.

**Goal:** *I allow myself to easily achieve and maintain my ideal body weight.*

What is my NOW feeling about my goal?

Let go?

Feel good?

*I like to eat - lust*

✓

✓

*I hate to diet - anger*

✓

✓

*I don't have time to exercise - frustration*

✓

✓

*I can do this - courageousness*

*Did I completely let go?*

*I now feel good about it.*



# Action Steps

Write your goal at the top of the page on the lines provided. Make a list of the things you must do to accomplish your goal in the column titled, "To do" list to accomplish my goal." Write down your NOW feeling about doing each item on your list in the column titled, "What is my NOW feeling about doing each item?" Release

each feeling to completion. Once you have released the feeling completely, check the "Let go" column. When you have released to feeling good, check the "Feel good" column. Repeat the above procedure until you feel courageousness, acceptance or peace about all the actions you can take to achieve your goal.

**Goal:** I allow myself to easily achieve and maintain my ideal body weight.

**"To do" list to accomplish my goal:**

**What is my NOW feeling about doing each item?**

**Let go?**

**Feel good?**

Join the gym

I don't like exercising in public - embarrassed

✓

✓

Start diet

I don't want to - resistance

✓

✓

Stop eating snacks

But I like them - grief

✓

✓

Did I completely let go?

I now feel good about it.



# Goal Chart

**Goal:**

What is my NOW feeling about my goal?

Let go?

Feel good?

Did I  
completely  
let go?

I now feel  
good  
about it.





# Action Steps

*Goal:*

*"To do" list to  
accomplish my goal:*

*What is my NOW feeling  
about doing each item?*

*Let go?*

*Feel good?*

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# Goal Chart

**Goal:**

What is my NOW feeling about my goal?

Let go?

Feel good?

Did I  
completely  
let go?

I now feel  
good  
about it.



# Action Steps

**Goal:**

---

---

**"To do" list to  
accomplish my goal:**

**What is my NOW feeling  
about doing each item?**

**Let go?**

**Feel good?**

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# gains

**"I set a goal to get to my ideal weight.** In order to do that, I had to lose twenty lbs. I have been trying for years to lose weight, but every time I would lose a few pounds, I would quickly gain them back. Again, I don't know if eliminating the tension in my stomach helped, or if just releasing before eating did it, but I have lost ten lbs. in the last two months. The amazing thing about it, though, is that I really didn't feel that I was working that hard to do it. It just happened." ...*Graduate, Houston, TX*

**"I have experienced a great overall quality of confidence because of releasing,** especially the fear of strong emotions. The strong emotion may arise, but it is gently dissolved or reduced to a level that enables me to continue to think, listen and respond rationally, often while I'm continuing to release." ...*Deborah Dineen, Port St. John, FL*

**"My biggest gains have been an increased sense of peace and well being.** I also reduced my appetite for food by about 90%. As a result I have begin to lose body weight effortlessly." ...*A.M.D., PA*

**"Our relationship has become noticeable more calm accepting and loving.** Instead of irritations triggering emotional upsets, we just release and accept each others differences as mysterious treasures to be enjoyed." ...*David and Mary Lou Henry, El Paso, TX*

**"The Method gave me my first relief from a tension symptom** that had been keeping me in pain for at least ten years." ...*Lorraine Garnett, New York, NY*

**"My work success (selling management training) seems almost limitless.** Recently, every client seems to have come in with multiple registrations, while my colleagues struggle with single ones." ...*Tim Langford, Bristol, England*

**"The Method has given me lots of insight into why I've been stuck on a goal that is very important to me.** I've written down each insight as it has come to me, and just that process alone has helped to unravel the knot of apathy, grief and fear that has kept me from completing my goal. Now I trust that everything is unfolding perfectly" ...*Linda Gannaway, Fresno, CA*

**"Despite my age (fifty-eight years) and my academic background, I was still a very inhibited person,** shy about speaking in public, often even blushing. There has been a very substantial improvement in all these aspects, and I feel I have only scratched the surface. I am confident I will benefit much more from the Sedona Method in the months and years to come. Already now I can say that the money for the course has been very well spent!" ...*Graduate, Switzerland*

**"In just two months of releasing, my gains are getting more and more as I continue working the Method.** Some of my gains are: stopped smoking, lost 20 pounds of body fat with ease, I am no longer depressed, 98% of the time I am in bliss, my health is returning towards being great, my energy is very high and I am at peace. The people I'm around see the good changes in me." ...*Graduate, Brownwood, TX*



# Section 9



In this section, we will explore, in depth, one of the biggest obstacles to having what we want and feeling the way that we want to feel. Our resistance is our greatest block to effortless releasing, happiness and success. Have you ever started a project with great enthusiasm and lost your motivation somewhere in the middle? Why did this happen? You probably ran into a wall of your own resistance. Resistance is what sabotages us from moving ahead in life. It even causes us to stop doing what we like, even the very things that can bring us the most benefit-like releasing. As you let go of resistance, your life will begin to flow in the direction of what is best for you.





# Resistance

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resistance

The following list of definitions will help you get in better touch with your resistance:

Resistance feels like trying to move forward with the brakes on.

Any time you feel like you have to, must do or should do anything, it brings up your resistance.

Resistance is opposition to force, real or imagined. It is the feeling of pushing back towards whatever we feel is pushing us.

The "I can't" is resistance. It takes a conscious effort to overcome the unconscious effort (habit) of holding down the feelings. That unconscious habit is resistance.

Resistance is just another program that we have programmed in to protect the other programs.

If there were no resistance, one would go free very quickly. We are constantly having to release the resistance in order to let the feelings up and out.

Resistance is when you haven't decided yet whether to do something or not, but you are doing it anyway, and it's difficult. To make it easy to do, all you need is to decide to do it (or decide not to do it and don't do it).

Resistance is pushing against the world so that it will push back. You cannot feel anyone pushing you, you can only feel your pushing back. This is resistance.



## Things I have to do

Our resistance is our greatest block to effortless releasing, happiness and success. Have you ever started a project with great enthusiasm and lost your motivation somewhere in the middle? Why did this happen? You probably ran into a wall of your own resistance. Resistance is what sabotages us from moving ahead in life. It can even cause us to stop doing what we like, even the very things that can bring us the most benefit, like releasing.

As you let go of resistance, your life will

begin to flow in the direction of what is best for you. Make a list of the things that you feel you have to do in the column titled, "Things I feel I have to do" in relationship to each topic. Then take each item one at a time and write down your NOW feeling about each item. Release each feeling to completion. Once you have released the feeling completely, check the "Let go" column. When you have released to feeling good, check the "Feel good" column and move on to the next item on your list.

[illegible]

*Did I completely let go?*      *I now feel good about it.*



# Section 10



In this section, we are going to explore letting go of wanting to change the things in our life that we don't like. There is nothing wrong with taking appropriate action in life, changing the things that need changing. However, we often get stuck in wanting to change things that either can't be changed—like the past or the weather—or that are fine the way they are. We just can't see that at the time because of the feeling of wanting to change it. As you start to let go of wanting to change things in your life, you will find yourself accepting the things that you can't change. You will also change the things that are appropriate to change while feeling a lot less tension over the things that are truly out of your control.

You may focus on the specific items you are using this course to achieve as you listen to this recording, or you can do some general releasing on this topic. The following sheets are provided in case you would like to do some further exploration on your own.



# What do I want to change in my life?

There is nothing wrong with taking appropriate action in life, with changing the things that need changing. However, we often get stuck wanting to change things that either cannot be changed—like the past or the weather—or things that are fine the way they are. We just cannot see that at the time because of the feeling of “wanting to change” it. As you start to let go of wanting to change things in your life, you will find yourself accepting the things that you cannot change and changing the things that are appropriate to change. All of this can be

done while feeling a lot less tension over the things that are truly out of your control.

In the first column, write down several things you would like to change. Then, in the second column, write down your NOW feeling about that instance. When you have released that feeling fully, check the column that says, “Let go.” Repeat the above steps and continue releasing your NOW feeling until you feel good about that incident. Once you feel good about that incident, check off the “Feel good” column and focus on the next incident.

**Think of specific persons, places or things that you would like to change.**

**What is my NOW feeling about that? Could I let go of wanting to change it?**

**Let go?**

**Feel good?**

My relationship with my father

He doesn't seem to care - grief

✓

✓

Not enough time in the day

Overwhelmed - stressed

✓

✓

Rules

Don't tell me what to do - anger

✓

✓

Physical pain

Fear

✓

✓

**Did I completely let go?**

**I now feel good about it.**





# What do I want to change in my life?

Think of specific persons, places or things that you would like to change.

What is my NOW feeling about that? Could I let go of wanting to change it?

Let go?

Feel good?

*Did I completely let go?*

*I now feel good about it.*



# What do I want to change in my life?

---

Think of specific persons, places or things that you would like to change.

What is my NOW feeling about that? Could I let go of wanting to change it?

Let go?

Feel good?

Did I completely let go?

I now feel good about it.



# What do I want to change in my life?

---

Think of specific persons, places or things that you would like to change.

What is my NOW feeling about that? Could I let go of wanting to change it?

Let go?

Feel good?

*Did I completely let go?*

*I now feel good about it.*




*"Man was never intended to be a victim of circumstance. He is the controller of them but has lost awareness of this fact. When he regains his awareness of it, he again becomes the master of circumstances and consciously controls his environment.*

*A suppressed emotion is one that we have pushed down into the subconscious part of the mind and have become unaware of it.*

*Any suppressed emotion will forever try to expend itself until it is spent.*

*Suppressed emotions and thoughts develop compulsions and inhibitions, setting habits of wrong behavior.*

*Never suppress feelings. You don't have to satisfy them, but don't suppress them. Just know that they are there, and let go of them."*



Lester Levenson



# Congratulations

*on having finished the  
first 5 recordings of your course*

This upcoming time is very important and is designed to allow you to practice the Method on your own. See what benefits, gains and successes you can achieve for yourself in your own life. Release on small things like traffic, family members, at the store, etc. Remember, the more you use it, even on small things, the better it gets, and you'll find yourself doing it spontaneously and naturally thousands of times throughout the day. There's a lot to look forward to as you release: more energy, clarity, creativity, effectiveness and a greater sense of well being.

It's a do-it-yourself tool. The power of the Method is in being able to use it on your own. Keep it simple. The worksheets will help you to focus on any topic that needs more in-depth releasing.

One of the ways we suppress our feelings is by the use of drugs and alcohol. In order to benefit the most at this time and keep a clear head, we ask you to refrain from these substances.





# gains

**"This method is really remarkable!** It has given me a way to change the way I feel about anything, right in that moment. This has given me much more freedom of choice on how I respond in most situations. Even the most ingrained limitations have been impacted at least some."  
...Iver Juster, Oakland, CA

**"In the 'wanting to control section,' I realized that, for me, wanting to control opposed making needed changes.** By investing energy into trying to control a person or situation, I resist taking appropriate action. It also means I want others to 'fix' it."  
...Joyce L. Shafer, Monteagle, TN

**"I wanted to be spending my days living to my potential.** Since I starting working with the Sedona Method, I was given a teaching job at a terrific school and am very happy my family life is top quality, and I'm receiving high-level support to work on a research/social interaction project that I am very interested in. My life is both fast-paced and very centered, joyful, peaceful, challenging and most fulfilling. Thank you."  
...Mary Kay Daniels, Sioux City, IA

**"When I have a negative or limiting thought, it is nice to have something to do with it rather than dwelling on it.** Even better, to have the process to let this thought go, is incredible. It happens almost automatically now when I have a nonproductive thought. At first, I was thinking this is almost too simple, but it works. Thank you so much for this wonderful tool."  
...Graduate, Sylvania, OH

**"My husband and I had a terrible fight.** I was so upset I felt there was no way I would ever fall asleep that night. I spoke to a person trained in the Sedona Method and he helped me release my upset feelings. I slept happily like a baby that night and felt at peace. I couldn't believe I felt so good. Ordinarily it would have taken days or longer to resolve it. This was a huge breakthrough for me. The experience helped me better understand our process. This method is not only incredible for one's own use but also incredible for couples."  
...Joy Curry, Applegate, CA

**"Sleeping better than I have in years.** I quit taking drugs for my arthritis and feel better without them."  
...Raymond H., Los Angeles, CA

**"I lost my sense of smell about six or seven years ago.** Two years ago I had a sinus operation and was told I would never regain my olfactory sense. I refused to accept that and would not allow myself to hold on to the thought of a "smell-less life." released in every way I could think of. About three months ago, my sense of smell returned—fully. The doctor who operated on me can't believe it and said I am his most successful operation."  
...Florence Simmons, Los Angeles, CA

**"I have got my sense of humor back—a great ally in times of need—and I now have the freedom to go on creating and recreating myself every day. After all, isn't that what life is truly about?"**...Amanda Kanini, London, England

**"My relationship with my wife is greatly improved.** We bicker far less frequently and have a more profound understanding of each other and better a sense of common purpose. We are closer."  
...David Dale, Richmond, BC, Canada



# Section 11



In this section of the course, we will be exploring the underlying "wants" that motivate all feelings. If you dig a little deeper into what you feel, you will discover three basic motivators that create all limiting feelings. As you let go at this deeper level, whatever benefits you have seen so far from this program will be greatly accelerated. As with every section, do your best to focus on the area(s) of interest that you identified when you started the course.



## ***What drives our feelings?***

As you are probably already discovering, our feelings greatly color our performance and our clarity, and you can easily let go of any unwanted feeling. As you do, not only do you feel better, but you function better as well.

We are now going to take this process of letting go to a much deeper and more powerful level. As you engage in the Sedona Method at this new level, you will notice that the results you are able to achieve will be much more rapid and effective.

## ***What motivates our feelings?***

If you examine your experience, you will notice that the way you react falls into recurring patterns. As you notice your destructive patterns, you can choose to let them go. As you let go of whole patterns, you will be able to see more and more possibility. As you notice more possibilities, you will be able to see, hear and feel things from a new and more expansive perspective. This, of course, will result in new, more productive actions and attitudes.

For the purpose of our work together, we will be focusing on three key patterns that motivate our reactions. They are: *Wanting Control*, *Wanting Approval* and *Wanting Security*. You will discover as you work with these key "wants" that they are the main motivators of all limiting feelings, thoughts, beliefs, patterns and attitudes.

In fact, all limiting feelings, thoughts, beliefs, patterns and attitudes culminate in the three "wants." Each time you let go of wanting approval, control or security, you will be letting go of some, or all, of your inner limitations that relate to that "want." As a result, you will

notice a profound increase in your ability to release even long-standing or deep-seated issues.

## ***Is "wanting" what really motivates us to have our goals?***

Yes and no. Let's examine "wanting" for a moment. What if we get what we want more easily when we let go of wanting it? We have a tendency to focus on the struggle of "wanting" that leads up to having our goals. This causes us to miss the natural letting go of "wanting" that often happens spontaneously right before we actually allow ourselves to have what we choose.

"Want" equates to "lack." Anything that you want, at some level, makes you feel like you don't or can't have. You'll notice that as you let go of "wanting," you will feel more and more like you can and do have. You will also notice a corresponding increase in what you actually have in life.

"Wanting" does not equal "having." We have all heard the expression, "You'll get it if you want it enough." You will discover that that is not necessarily true. The most powerful place to create what you choose is from a place where it is "OK" whether you get it or not. In fact, if you have ever been in sales, you know that when you are wanting to make the sale, it is often a lot more difficult. Conversely, when you feel like you don't need the sale, you often get it. This applies to all areas in life.

Would you rather *want* to control or have control? Would you rather *want* approval or have approval? Would you rather *want* security or *have* security? The answer, we feel, is obvious.



# The Sedona Method® Level 2

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## Step One:

**1** Focus on your issue and *then allow yourself to feel whatever you are feeling in this moment*. Then allow yourself to dig a little deeper and discover whether it is coming from a wanting approval, a wanting to control or a wanting security. You can do that by simply asking yourself, "Is this wanting approval, wanting to control or wanting security?" If you are not sure which "want" is activated, or you feel like it may be several at the same time, pick the one that you feel is the most accurate or the one you would like to let go of first. Then proceed to Step Two.

## Step Two:

**2** Ask yourself one of the following three questions: "*Could I let go of wanting (approval, control or security)?*" Or "*Could I allow myself to want (approval, control or security)?*" Or "*Could I welcome this wanting (approval, control or security)?*" When you are releasing on the "wants," you simplify the questions. When you realize you can let it go, you will find yourself releasing spontaneously without a lot of excess thought. Remember, "yes" or "no" are both acceptable answers. You will often let go even if you say "no." As best you can, answer the question that you chose to work with, with a minimum of thought. Stay away from second-guessing yourself or getting into a debate with yourself about the merits of this action or its consequences. Whatever the response, go to the next step.

**It is important to remember that we are not asking you to let go of control, approval or security but merely to let go of the feeling of lack—the "wanting."**

## Step Two (A):

**2** <sup>(A)</sup> You can use this step at any point in the process. It is the safety valve of the Method. You can use it on any feeling or any want or any sense of indecision or stuckness. Simply ask yourself, "*Would I like to change that?*" The answer will invariably be "yes." If you're not sure, check to see if you like it the way it is. Any time something is not OK the way it is, you are wanting to change it. Then ask yourself, "*Could I let go of wanting to change it?*" In most cases you will be able to say "yes" to this question, even if you are stuck. Letting go of wanting to change it will dissolve the stuckness. And you will be right back on track.

## Step Three:

**3** Repeat the preceding two steps as often as needed until you feel free of the "want." The results at first may be quite subtle, but very quickly, if you are persistent, the results will get more and more noticeable. You may find that you have layers of "wants" about a particular topic; however, what you let go of is gone for good.

As you start to notice your wanting approval, control and security with a feeling of welcoming these into your experience, you will often notice they will let go spontaneously. That is why we use fewer questions when we get into letting go of the "wants."





# Section 12



In this section, we will be exploring further our "wanting to control." It will help you to recognize this want by knowing that even though wanting to control is not a feeling, it has a feel to it. It feels hard and pushy, like it has to be my way. When you are wanting to control, you feel out of control, and you feel like you need to do something to get it back. Synonyms for wanting to control include resistance, wanting to change, wanting to understand...to manipulate...to push...to fix...to force...to have it be your way... to be right...to be on top, just to name a few. As you let go of wanting to control, you will feel more and more in control. We have also included some worksheets that will assist you in doing some exploration on your own.





# Remember

Write down as many instances as you can remember when you wanted to control in the column labeled, "Remember a specific instance when I wanted control." Then, in the second column, write down your NOW want, i.e., wanting approval, wanting control or wanting security. When you have released that want

fully, check the column that says, “Let go.” Repeat the above steps and continue releasing your NOW want until you feel good about that incident. Once you feel good about that incident, check off the “Feel good” column and focus on the next incident. Remember also to release on the good feeling.

**Key:** Wanting to Control - w/c, Wanting Approval - w/a, Wanting Security (Survival) - w/s

[illegible]

\_\_\_\_\_

*Did I completely let go? I now feel good about it.*



# Remember

Remember a specific instance when I wanted control.	What is my NOW feeling about that?	Let go?	Feel good?
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*Did I completely let go?*

*I now feel good about it.*





Key: Wanting to Control - w/c; Wanting Approval - w/a; Wanting Security (Survival) - w/s

good" column. There is not necessarily anything wrong with any of these actions. This will help you continue to be aware which actions are coming from the wanting to control, which will give you a better chance to release it on the spot. Then you can take the action or not by choice.



\_\_\_\_\_

*Did I completely let go?*      *I now feel good about it.*



## Seeing Your *Wanting to Control*

<b>Ways I try to control:</b>	<b>Let go?</b>	<b>Feel good?</b>	<b>Ways I allow myself to be controlled:</b>	<b>Let go?</b>	<b>Feel good?</b>
<i>Did I completely let go?</i>		<i>I now feel good about it.</i>	<i>Did I completely let go?</i>		<i>I now feel good about it.</i>





# gains

**"The more you let go, the more you gain.** I have experienced better relationships with my adult sons (ages twenty and twenty-one). In fact, my relationships with my husband and with friends have become lighter, more relaxed and energizing, rather than draining my energy. I feel more relaxed in other areas of my life as well. In my work as a self-employed artist, I am more inspired about the directions that I can go in, both financially and creatively."

...Joann Greenbaum, High Springs, FL

**"I feel more relaxed and less stressed out at the end of my workday."**

... Daniel Escamilla, Jr., Corpus Christi, TX

**"I am now able to manage my stress levels at work and find I am so much more relaxed.** I am able to lighten atmospheres in meetings at work, and I notice that when colleagues laugh with me, they automatically relax."

...Marilyn Latcham, UK

**"Even greater harmony and better communication between my husband and myself.** Our future looks rosier, and I am dealing with several extremely difficult

situations with work and family with greater ease. I no longer become severely depressed, and my downs are less frequent and much less severe. My husband is happier, and he is doing better financially. I have a better understanding subjectively of the nature of the universe."

...Carolyn Graham, Brick, NJ

**"What I have gained so far is an awareness,** a revealing that there are things in my life that should be let go of. And an awareness of what they do in my life. Many of them have layers, and I am releasing them. This course has started me on a journey to a more peaceful and happier future."

...Graduate, Leicester, UK

**"I finally think I've met a man with whom I can have an authentic, loving relationship—the kind of relationship I've wanted for a very long time.** This has been a very challenging time in my life as I recently lost my mother. This process has allowed me to let go of her and to be happy despite missing her. I've been able to cope with everyday frustrations and challenges with clients as well as what would normally be very stressful travel delays without upset. I'm accomplish-

ing more work with less effort on a consistent basis.

Everything seems to be going more smoothly and I'm just enjoying my daily life more."

...Graduate, Decatur, GA

**"I have been studying and applying self-help programs for thirty years.** The Sedona Method is by far the single best tool and I have ever discovered. The Sedona Method is easy, can be done in the midst of activity (unlike most self-help programs), and it produces the instant results of feeling calmer and more centered. The best part of this releasing of old issues with the Sedona Method is that it is a one-time event. No tool or technique I have ever encountered in thirty years is so instantly and permanently effective in removing conscious and unconscious barriers to living in comfort, ease and joy. Since learning and utilizing the Sedona Method I live with less fear, more peacefully and from a much deeper, more spiritually connected part of myself. Even amidst the apparent harried and 'emergency' situations that I encounter, I am able to remain calm and to approach challenges from a balanced perspective."

...Jeff Goodman, San Jose, CA



# Section 13



In this section, we will be exploring further our "wanting approval." It will help you to recognize this want by knowing that even though wanting approval is not a feeling, it has a feel to it. It feels soft, exposed and it's a "gimme" or "do it for me" feeling. When you are wanting approval, you feel you don't have love or approval, and you feel like you need to do something to get it back. Synonyms for wanting approval include wanting love, wanting acceptance...admiration...caring...to be noticed...to be understood...to be stroked...to be nurtured...to be liked, just to name a few. As you let go of wanting approval, you will feel more and more loving and caring as well as loved and accepted. We have also included some worksheets that will assist you in doing some exploration on your own.





**Figure 6**

fully, check the column that says, "Let go." Repeat the above steps and continue releasing your NOW want until you feel good about that incident. Once you feel good about that incident, check off the "Feel good" column and focus on the next incident. Remember also to release on the good feelings.

[illegible]

## Remember

Remember a specific instance when I wanted approval.	What is my NOW feeling about that?	Let go?	Feel good?
		Did I completely let go?	I now feel good about it.



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## Remember

Remember a specific instance when I wanted approval.	What is my NOW feeling about that?	Let go?	Feel good?



column. There is not necessarily anything wrong with any of these actions. This will help you continue to be aware which actions are coming from the wanting approval, which will give you a better chance to release it on the spot. Then you can take the action or not by choice.

[illegible]



# Seeing Your Wanting Approval

Ways I want approval:		Ways I seek disapproval:	
Let go?	Feel good?	Let go?	Feel good?
<i>Did I completely let go?</i>		<i>Did I completely let go?</i>	
<i>I now feel good about it.</i>		<i>I now feel good about it.</i>	







**"The biggest gain (and most important) is that I have always had an abnormal fear of crowds, groups of people and gatherings—social or otherwise. The Method has now eliminated that fear!"**

...G.H. Malinoski,  
Normandy Park, WA

**"I feel freedom from disabling sensations of anxiety at my job, increased success in my work, increased enjoyment of my work and much less fear of the future."**

...Bonnie Jo Jones, Olympia, WA

**"My biggest gain has been in increased courage. Notable examples are: talking with my boss about my feelings regarding inadequate work space; telling a man I like my feelings; talking to my dad about our prior history, which was very hurtful to me. The best thing about all of these discussions is how calm and collected I felt—no shaking in my boots or trembling inside, as had been my previous experience in similar circumstances."**

...Graduate, Ft. Worth, TX

**"Since going through the audio course and attending the seminar held in London with Hale, my life has changed. Having experienced overwhelming depression for most of my life in the mornings of most days, I really thought nothing would sort it. However, after the seminar and using the Method, most mornings are now what I expect most people call normal. To me, they are a relief. On the mornings when I feel a little low, I use the Method and away I go. I used to put off going to bed to sleep due to what I'd wake up to. No longer do I have to force myself to get up, feeling completely exhausted by early afternoon from the effort of putting on a cheerful and positive front."**

...Chris Altree, Devizes, UK

**"Have released on feeling pain. I put my finger on a hot grate in the oven and jumped back and immediately released. To my amazement, the pain stopped instantly, and there was no blister."**

...Larry R., Los Angeles, CA

**"For several weeks I've been plagued with an extreme soreness throughout the base of my skull. During a release session for "financial security," the pain disappeared 100%."**

...Linda Carella, Los Angeles, CA

**"The most important gain for me was the ability to handle daily stress from this ever-increasing fast paced world we live in, especially at work. Another gain was the inner peace you get from releasing."**

...Daniel Beitchman,  
New Bedford, MA

**"A wonderful experience that has rejuvenated my attitude to my life. I feel more certain of the direction I want my life to take and am more confident that I can achieve what I want to achieve. Past failures have lost their power to inhibit me."**

...Graduate, North Yorkshire,  
England

**"I've always had dry skin, flaky on my body, etc., and eczema occasionally. I used lots of cortisone creams. My body now has a sheen to it, and my skin is silky after one week!"**

...Christina S., New York, NY



# Section 14



In this section, we will be exploring further our “wanting security.” It will help you to recognize this want by knowing that even though wanting security is not a feeling, it has a feel to it. It may feel threatened, uneasy, in danger, on guard, like impending doom. In its extreme, it is a paralyzing fear—you feel like you are about to die. When you are wanting security, you feel you don’t have security, and you feel like you’ll do anything to get it back. Synonyms for wanting security include wanting safety, wanting to survive, wanting to protect yourself...to kill...to revenge...to be safe, just to name a few. As you let go of wanting security, you will feel more and more safe and secure and at home wherever you are. We have also included some worksheets that will assist you in doing some exploration on your own.





# Remediation

fully, check the column that says, “Let go.” Repeat the above steps and continue releasing your NOW want until you feel good about that incident. Once you feel good about that incident, check off the “Feel good” column and focus on the next incident. Remember also to release on the good feelings.

[illegible]

# Remember

---

Remember a specific instance  
when I wanted security.

What is my NOW feeling  
about that?

Let go?

Feel good?

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# Remember

remember

Remember a specific instance  
when I wanted security.

What is my NOW feeling  
about that?

Let go?

Feel good?

Did I  
completely  
let go?

I now feel  
good  
about it.



# Remember

Remember a specific instance  
when I wanted security.

What is my NOW feeling  
about that?

Let go?

Feel good?

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# various security

column. There is not necessarily anything wrong with any of these actions. This will help you continue to be aware which actions are coming from the wanting security, which will give you a better chance to release it on the spot. Then you can take the action or not by choice.

[illegible]





## wanting security



## Seeing Your Wanting Security

[illegible]

# Section 15

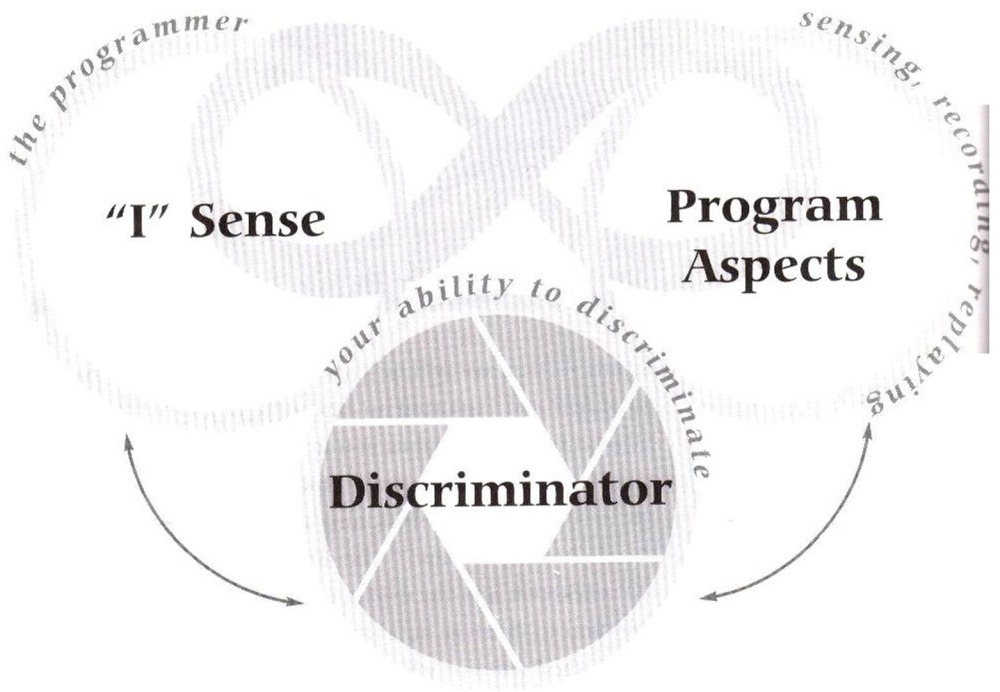


In this section, we will be learning the secret of letting go of fear and exploring an explanation of why the Method is as powerful as you are starting to experience. Lester Levenson discovered a unique way of describing the anatomy of the functioning mind. He called it the "Three Aspects of Mind." The diagram in this section of the workbook and the explanation on the recording will help you to discover how your mind works and how the Method will put you in control of its functioning, and, therefore, your life.

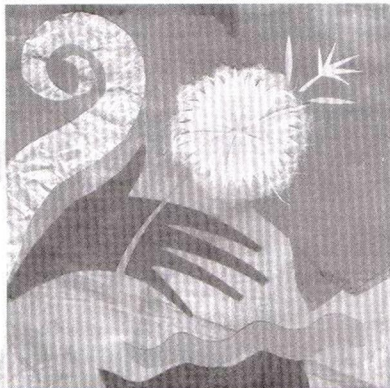


# Three Aspects of Mind

---



# Section 16



In this section, you will be exploring one of the most powerful applications of the Method. It is called "Advantages and Disadvantages." This simple worksheet can be used for decision-making, breaking habits, solving problems and releasing on your goals. In fact, it can be used on any area where you would like to do some in-depth releasing. It is highly recommended that you spend time working on your own with these worksheets after you have listened to the recording. You may want to focus on one or more of your selected areas of interest in this section.



disadvantage, write it down and go through the same steps. Alternate back and forth between the two columns, repeating the same steps. If you can't come up with something, write "None." Release your wants about whatever comes up, even if your answer is "None."

**Key:** Wanting to Control - w/c, Wanting Approval - w/a, Wanting Security (Survival) - w/s



# Advantages & Disadvantages

---

*Topic:* \_\_\_\_\_

What is the advantage  
to me?

Let go?

Feel good?

What is the  
disadvantage to me?

Let go?

Feel good?

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# Advantages & Disadvantages

Topic: \_\_\_\_\_

What is the advantage  
to me?

Let go?

feel good?

What is the  
disadvantage to me?

Let go?

feel good?

Did I  
completely  
let go?

I now feel  
good  
about it.

Did I  
completely  
let go?

I now feel  
good  
about it.



# Advantages & Disadvantages

---

*Topic:* \_\_\_\_\_

What is the advantage  
to me?

Let go?

Feel good?

What is the  
disadvantage to me?

Let go?

Feel good?

Did I  
completely  
let go?

I now feel  
good  
about it.

Did I  
completely  
let go?

I now feel  
good  
about it.



# Advantages & Disadvantages

*Topic:* \_\_\_\_\_

What is the advantage  
to me?

Let go?

Feel good?

What is the  
disadvantage to me?

Let go?

Feel good?

*Did I  
completely  
let go?*

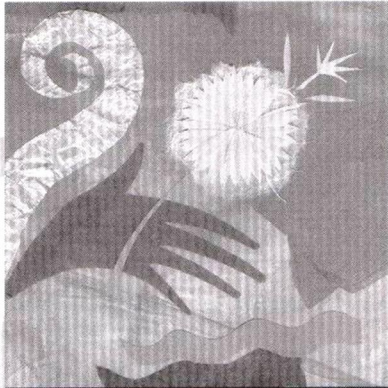
*I now feel  
good  
about it.*

*Did I  
completely  
let go?*

*I now feel  
good  
about it.*



# Section 17



In this section, you will learn a process that was originally created for the exclusive use of our instructors after each class. It is a powerful way of letting go of any feelings that you may be harboring about any person you know. It is a way to prevent the usual build-up of feelings that happens in most personal and business relationships. As you use this process in your life, it will aid you in better communication and in having better relationships in general.



# Clean-up Release Process

clean-up

The following process has been designed to accelerate greatly your use of the Sedona Method. It is made up of a series of questions that can be asked before, during or after meetings, especially if they are with difficult people. This process is also useful for gatherings with your family or friends, or in any situation where you interact with others.

As you work with these questions, you will see they help you improve your relationships, communicate more effectively, resolve conflicts and incorporate releasing more easily into your life. They will also greatly improve your effectiveness and contribute to the integrity of all of your interactions.

*There are three groups of questions, each focusing on a separate want: first Control, then Approval, then Security/Survival.*

*The way you work with these questions is as follows:*

- 1** Focus on (visualize) the face of the person you choose to release about.
- 2** Ask yourself one question at a time and allow the question to surface your wants. You may often notice that just asking yourself the question will cause you to release spontaneously the want you are focusing on at the moment.
- 3** The third question in each set is designed to help you see if you are fully released on that want about that individual. Keep asking yourself the first two questions in each set and release whatever is stirred up until you can honestly answer yes to the third question.
- 4** Start with the set of questions on Control and stay with that set of questions until "You grant that person the right to be the way they are." This often is just a decision to release to completion, and it is possible to get to this point very quickly if you are open to it.
- 5** Do the same thing with each set of questions in order. You'll know when you are fully released on a person when you can see their face and have only acceptance/love for them.





# Clean-up Procedure

---

## *Clean-up Questions*

**Repeat these questions until you can answer "yes" to question #3**

**1**

1. Did this person try to control me?
2. Did I try to control this person?
3. Do I now grant this person the right for this person to be as this person is?

**Repeat these questions until you can answer "yes" to question #3**

**2**

1. Did I dislike or disapprove of anything in this person?
2. Did this person dislike or disapprove of anything in me?
3. Do I have only love/acceptance feelings for this person?

**Repeat these questions until you can answer "yes" to question #3**

**3**

1. Did this person challenge, oppose or threaten me?
2. Did I challenge, oppose or threaten this person?
3. Do I have only a feeling of well being, a feeling of safety and trust with this person?

Look at the face of each person you are working on and feel only acceptance or love for them—only a feeling of "you are me" for that person. If there are any other feelings, go back to the above and continue releasing on that person.



# gains

**"On at least five occasions since I started working with the audio course, I have had very strong negative reactions to what other people were saying or doing.**

In one particular instance, a colleague disagreed with me about one of my theoretical ideas, and I could feel a strong flash of anger. My experience was as follows: I noticed that my mind 'grabbed' the anger and then just automatically let go and it was gone. 'I' didn't do it; it just happened. The same sequence occurred on the other occasions with different people." ...Donald B. Beere, Ph.D., Mt. Pleasant, MI

**"Sometimes after releasing, I immediately see what I feel to be the real truth of the situation.** It is like the releasing of illusions made room for or cleared a path for the real truth to shine forth. I am more aware of my thinking process and how I operate as a person."

...Graduate, Santa Fe, NM

**"Section 17 'Clean Up Procedure' is a very powerful tool.** Being a Labor Representative and President of SEUI 707, the constant interaction of membership and city, county and state personalities requires a tool such as this." ...John C. Morrison, Santa Rosa, CA

**"I came into this course having suffered from an illness for over a year.** I have released a large portion of that illness, regained an energy level I hadn't felt for that time and in fact gained more energy." ...C.C.A., Boston, MA

**"At work, I am more energetic, proactive and positive.** I am in sales, and rejection does not have the same effect. In fact, I am now finding I get much less rejection." ...David Fordham, London, England

**"I can honestly say that for me, it is real, and it works.** In the past, I have tried to let go of stress and pain in a lot of different ways with limited success. I learned to calm myself down on the surface, but always felt that, on the deeper levels, nothing much had changed. With the Sedona Method, I feel that there are

deeper, more permanently beneficial emotional shifts occurring than I have ever experienced before."

...Bonnie Jo Jones, Olympia, WA

**"I must say, without reservation, that this method works.** I have experienced more and more enjoyment and stress relief in my life since practicing this technique. I am a better father and husband, and my wife and son respond better to me. I had a goal of organizing my finances, and, after releasing on it, I found that my goal really was to allow myself to know my value. In three weeks, I did more about my finances than I had in eight months. The Sedona Method has helped me grow spiritually. My faith (Orthodox Christianity) and the Sedona Method are powerful compliments to each other. I feel a responsibility to share this with the world."

...Noel Kelly, Broomall, PA



# Section 18



In this section of the course, we explore another diagram that will put the work we have been doing together in perspective. It will help you to see how our wants create our feelings, which create our thoughts, which color our world. It will give you greater insight into your life and the practicality and effectiveness of the Method. You can view the following diagram as you listen to this side of the recording.





*want to be separate*



*want to survive as a body*



*want approval*



*want control*



*A G F L A P C A P*



*thinking*



*the world*





# gains

**"I found myself doing things and able to do things that I had put off, avoided or just forgotten about, in the most amazing ways.** Almost immediately, and without really knowing why, I was being drawn to do so. It has been a rather strange experience to observe myself doing things or not doing things that I would have previously categorized as "not in my nature." Like what? Like getting exercise and enjoying it, even craving it. Like wanting to eat good food. Like no longer feeling angry with my boss. Like not being bothered by someone's disapproval of me. Like becoming a cheerful, even happy, person. Like being able to take and even relish criticism from a teacher, instead of resenting it. It is very odd, and that isn't even the half of it. The biggest changes have been in how I perceive things. I am an opera singer, and, in the past, I have been driven by the need to prove myself "to the world" and have often felt that this was a hopeless endeavor on some level. In a couple of weeks, my view of this has radically changed from one of perfectionism to one of personal growth, from criticism to self-acceptance and openness, even to the point of seeing my

circumstances as good instead of an ordeal to be endured. This is not to say that all problems have vanished. They haven't. I have changed."

*...Graduate, New York, NY*

**"A very powerful business tool, especially when negotiating from a position of "weakness."** It dissolves resistance, is mutually respectful and is great fun to use! I have never encountered a technique so easy, so all-encompassing and yet so utterly simple to apply."

*...Ben Jansz, Buckingham, England*

**"Have been releasing on my vision improving.** It turned out I don't need glasses after all, and my vision did improve!" *...Sandy Solomon, New York, NY*

**"I quickly realized that this course is an excellent tool for my personal growth.** The results for me were immediate and continued from the beginning of the course until its end. I looked forward to doing the work each day. Therefore, I can appreciate the benefits of this work firsthand and help recommend the program to others." *...Jack Krystek, N.D., Ph.D., New York, NY*

**"I found your program quite user-friendly.** The personal interactive processes of hearing the recording, of reading the workbook and of writing the responses were methods of participation that were very beneficial. I also liked that the workbook was just that, a workbook, and therefore consumable."

*...Jack Krystek, N.D., Ph.D., New York, NY*

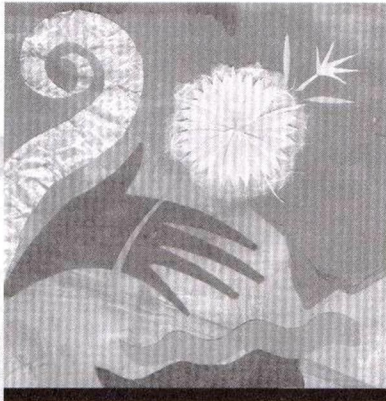
**"I am now getting feelings of lightness, joy and energy on a daily basis.** It is truly remarkable how persistence and patience with this method on a daily basis changes one's life." *...W.C., San Antonio, TX*

**"I feel I am at the very beginning of a wonder-filled journey!** Already I am experiencing a calm shift during times of usual stress and tension. Although my experience with releasing is in its infancy, my inner being knows the freedom this affords."

*...Michele Jensen, La Quinta, CA*



# Section 19



In this section of the course, we will review everything we have done up until this point and go over the “Six Steps” of the Sedona Method and how to use them to apply the Method to all areas of your life. We will also discuss where to go from here.





# The Six Steps

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**1** You must want Freedom/Imperturbability (your goal) more than you want approval, control and security.

**2** Decide that you can release and be Free/Imperturbable (achieve your goal).

**3** See that all your feelings culminate in three wants: the want of approval, the want to control, and the want of security. See that and immediately let go of the want of approval, the want to control and the want of security.

**4** Make it constant. Release all your wanting approval, wanting to control and wanting security when alone or with people.

**5** If you are stuck, let go of wanting to change or control the stuckness.

**6** Each time you release, you are lighter, happier and more effective. If you do this continually, you will continually be lighter, happier and more effective.



# Section 20



In this last section of the course, you will be guided through a releasing exercise that will pull everything that you have learned in this course together for your review and enjoyment.



# Congratulations

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*We have spent this time together, preparing you in the use and application of the Sedona Method, and now you have all you need to complete the journey you've started on your own.*



We truly hope you continue using the Method in all areas of your life. While using it on any topic, you will see that it also affects all other areas of your life. As you achieve greater and greater success and contentment, you are helping not only yourself but those around you—your loved ones, friends, co-workers, even the people you meet on the street. They can sense your inner calmness and notice your ability to experience life more fully. We hope you'll share your wonderful gains with these people, and join with us in our vision of letting everyone have the Sedona Method for their own.

Thank you for participating in the training, and our best wishes for the highest state of Freedom and Imperturbability.



# Next Steps

---

Now that you have completed the Course, you are considered a Sedona Method Graduate.

Send us a copy of your gains sheet, and we will give you a discount towards your next purchase of products and enter your name for a free subscription to our quarterly newsletter, "Release." Sending us your gains will also make you eligible to participate in our advanced seminars, which are offered around the world.

We offer the live version of this Course regularly in major cities around the world. Once we receive your gains sheet, you will also be eligible to review the live version of the Basic Course any time you want.

We will also send a qualified instructor anywhere in the USA for a group of twenty-five people or more who would like to take this Course for the first time.

We offer comprehensive, customized programs that incorporate the Sedona Method for groups, organizations and corporations.

If you would like further information about any of the above, call us toll free at: 888-282-5656 or 520-282-3522.

Send your copy of "Gains Sheet" to:



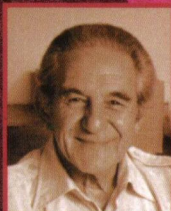
**Sedona**  
*Training Associates*

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Sedona, AZ 86336 USA





# the Sedona Method<sup>®</sup> course



Lester Levenson,  
creator of the  
Sedona Method<sup>®</sup>

Sedona Training Associates is an educational training organization that promotes the revolutionary discoveries of physicist and engineer Lester Levenson. Founded in 1996, it was created to fulfill Lester's wish to share a practical and powerful method he discovered for removing the blocks to abundance, health, well being, happiness and success.

For more than two decades, thousands of people from all walks of life worldwide have benefited from the Sedona Method<sup>®</sup>. Today, live seminars are presented in many of the principal cities across the United States, as well as in Canada, Europe, Japan and Australia.

In addition to the general public, hundreds of key executives from some of the leading companies in the United States have also taken the course. These companies include: Exxon, AT&T, Merrill Lynch, J.C. Penney, Marriott Hotels, Discovery Communications, Bristol Myers, Chemical Bank, Chase Manhattan Bank, Polaroid, Lever Brothers, Monsanto, Paine-Webber, Touche Ross and Mutual of New York.

The Sedona Method<sup>®</sup> has proven itself to be a powerful and effective tool for both individual and corporate productivity and wellness. Several independent studies have confirmed its power. The Mutual of New York Corporation used the Sedona Method<sup>®</sup> to boost the sales of their field underwriters 33% over a six-month period. The second three months were even better than the first three, and their results continued increasing over time.

Researchers from Harvard and Columbia Medical Schools and The State University of New York have found that the Sedona Method<sup>®</sup> "stands out far beyond the rest for its simplicity, efficiency, absence of questionable concepts and rapidity of observable results." These studies also reveal that individuals using the Sedona Method<sup>®</sup> show significant reductions in heart rate and diastolic blood pressure. With respect to short-term versus long-term gain, the overall findings suggest that it is effective in promoting and maintaining stress reduction for months after the training.

You can contact us, about our public or organizational programs or our books, recordings and advanced courses, by calling our corporate headquarters in Sedona, Arizona, at (520) 282-3522 or via e-mail at [release@sedona.com](mailto:release@sedona.com).

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## QUESTIONS FOR THE SEDONA METHOD

*Could I let go of wanting to get happiness from ----- and allow myself to rest as the happiness that I already am?*

*My happiness comes from----- / I am the happiness that I am seeking*

*I am an individual separate from the All / I am the All*

*Could I let go of wanting my own approval?*

*Could you let go of wanting to be disappointed?*

*Which would you rather – wanting security or having security?*

*Could you let go of wanting to receive?*

*Could you let go of wanting separation?*

*Could you just allow yourself to be as you are in this moment?*

### **Ways to release:**

1. *Could you? Would you? When?*
2. Welcoming or allowing the feeling to be
3. Going to the core of the feeling
4. Release the underlying wants – approval, control, security

*I allow myself to have optimum health and limitless energy (release on it!)*

*What am I wanting in this moment: wanting security? wanting to control? wanting approval?*

### **To get up in the morning:**

1. I ask myself: *Could you let go of wanting to get up?*
2. Then I ask: *Would you let go of wanting to get up?*
3. I ask: *When?*

*Could you just let go now ... of that underlying resistance you have to releasing that's always present?*

*Would you?*

*When?*

*Could you allow yourself ... to become all that you can be?*

*Would you?*

*When?*

Wanting control can be thought of as:

The feeling that we lack control

A sense of being out of control

Feeling as if a situation is beyond our control

*Could you allow this feeling to be here?*

**Clean-up procedure:**

*Did this person try to control you?*

*Did you try to control this person?*

*Do you now grant this person the right to be as this person is?*

*Did you dislike or disapprove of anything in this person?*

*Did this person dislike or disapprove of anything in you?*

*Do you now have only love and/or acceptance feelings for this person?*

*Did this person challenge, oppose or threaten you?*

*Did you challenge, oppose or threaten this person?*

*Do you now have only a feeling of well being, a feeling of safety and trust with this person?*

*Could you let go of wanting to succeed?*

*Could you let go of wanting to fail?*

*Could you let go of ... in the present moment?*

*Could I just allow this resistance to be present in this moment?*

*What am I most afraid of right now? (release on each issue that pops up by using could you, would you, when?)*

When you are not making any progress releasing on an issue:

1. Release on the Resistance

2. *Could I let go of this feeling for just ONE MINUTE?*

Ask yourself:

*What is that I do not want to happen?*

*What am I worried about?*

*What am I afraid will happen?*

Then let it all go

*Could I let go of wanting to change ... (person/situation)?*

*Could I let go of wanting my own approval?*

*Could I let go of wanting their approval?*

*Could I let go of wanting control?*

*Could I let go of wanting security?*

*Could I let go of wanting what is?*

Variations of the wanting security:

*Could you let go of wanting security?*

*Could I let go of wanting security?*

*Could you let go of wanting insecurity?*

*Could I let go of wanting insecurity?*

*Could I allow myself to resist ----- as much as I do?*

*Could I allow myself to welcome (allow) ----- as best as I can?*

*Could I allow myself to reject ----- as much as I do?*

*Could I allow myself to accept ----- as best as I can?*

*Could I allow myself to dislike ----- as much as I do?*

*Could I allow myself to like ----- as much as I do?*

*Could I allow myself to hate ----- as much as I do?*

*Could I allow myself to love ----- as best as I can?*

*Could I allow myself to want to change ----- as much as I do?*

*Could I allow myself to let go of wanting to change ----- as best as I can?*

*Could I allow myself to say no to ----- ?*

*Could I allow myself to say yes to ----- ?*

*Could I allow myself to be as open to ----- as I am?*

*Could I allow myself to be as closed to ----- as I am?*

*I allow myself to have -----*

*I allow myself to easily xxx (courageousness)*

*I appreciate having xxx (acceptance)*

*I am xxx (peace)*

*Could I let go of wanting to get all the answers from releasing?*

*Could I let go of wanting to get none of the answers from releasing?*

*Could I let go of wanting to accept releasing?*

*Could I let go of wanting to reject releasing?*

*Could I let go of wanting to get security from outside sources?*

*Could I let go of wanting to get security from the inside?*

*Could I let go of wanting to resist being a success?*

*Could I let go of wanting to resist being a failure?*

*Could I let go of wanting to take life so seriously?*

*What frustrated ego desire is causing this problem?*

*Could I let go of wanting that?*

*Would I rather fit in or would I rather be free?  
Could I let that go?*

*There are problems / There are no problems  
There is a problem / Everything is perfect  
This is my picture / This is God's picture  
I am the doer / God is the only doer*

Make a list of your desires and be as ruthlessly honest as you can. Go through each item on the list and ask yourself:

*Can I allow myself to turn this desire into a desire of freedom?  
Would I rather have (the desire) or would I rather be free?  
Can I let go of wanting to change this and allow it to be as it is?*

*I want the world / I am the world  
I want freedom / I am freedom  
I accomplished this / It is not I but the Father who worked through me  
I accomplished this / God is the only accomplisher  
Things need to change / All is perfect as it is*

*I am the creator / God is the only creator  
Happiness can be achieved / Happiness is already my basic nature  
I am the body and the mind / I am more than just a body and a mind  
I am different from you / I am the same as you  
There is a me and a you / There is no me and you. There is only one*

Whenever you have a non-love feeling that you want to release ask yourself: *Could I change this feeling to love?*

*I want to be loved / I allow myself to love  
I need love / I am love  
Could I allow myself to hate (any person, place, or thing) as much as I do? / Could I allow myself to love (any person, place, or thing) as much as I do?  
I am loving / I am love*

*Who or what am I?  
If I am more than that, what am I?  
And if I am even more than that, what am I?  
(Keep going until you just rest as THAT)*

Make a list of your spiritual beliefs and then use any of the following questions to let them go:

*Could I let go of this belief?  
Would I rather believe in (the belief) or would I rather know the truth?  
Would I rather believe in (the belief) or would I rather be the truth?*

*I know this / This is merely a belief  
This is the truth / This is a belief  
This is real / This is merely a belief  
I know the truth / I am the truth*

*Could I let go of wanting anything back in return for this gift?*

*I am the giver / God is the only giver  
Could I allow my gifts to be as conditional as they are? / Could I allow  
them to be as unconditional as they are?  
I want something back in return / I have all I need and want nothing  
back in return  
I own this / It is a gift from God*

*Would I rather have this feeling, or would I rather be free?*

*What is at the core of this feeling?  
Could I allow myself to go in consciousness to the core of this feeling?  
Could I allow myself to dive into this feeling?  
Could I go even deeper?*

*What is your NOW feeling?  
Could you welcome/allow it?  
Could you let it go?  
Would you let it go?  
When?*

*Could you allow yourself just to hear, listen, or welcome whatever is  
being heard in this moment?  
Could you also allow yourself to welcome the silence that surrounds  
and interpenetrates whatever is being heard?*

*Could you allow yourself to welcome whatever is being seen, as best  
you can?  
Then, could you allow yourself also to welcome or notice the space,  
or emptiness, that surrounds every picture or object, including the  
white space between the writing on this page?*

*Could you allow yourself to welcome whatever sensation is being  
percieved in this moment?  
Then, could you allow yourself to welcome the space, or the absence  
of sensation, that surrounds every sensation?*

*Then, could you allow yourself to focus on a particular problem, and  
welcome that memory with all the pictures, sounds, sensations,  
thoughts, and feelings that are associated with it?  
Could you then allow yourself to notice how most of your experience  
happens apart from this particular problem?*



*And, could you allow yourself to welcome at least the possibility that this problem is not as all consuming as it has seemed?*

*Could you allow yourself to welcome this feeling as best you can?*

*Could you allow yourself to let it go?*

*Would you let it go?*

*When?*

*[apathy, grief, fear, lust, anger, pride, courageousness, acceptance, peace]*

## **Resistance**

*Could I let go of this resistance?*

*Could I allow myself to feel resistance in this moment?*

*Could I welcome the feeling of resistance?*

*Could I allow myself to let go of resisting doing.....?*

*Could I let go of resisting not doing.....?*

*Could I give myself permission to hold on for a moment?*

*Could I let go of holding on? Would I? When?*

*Could I just allow myself be as resistant as I am?*

*Could you welcome that feeling of resistance?*

*Could you just allow it to be here?*

*Then, could you let it go?*

*Would you?*

*When?*

*Could you welcome that resistance into your awareness?*

*Could you just embrace it?*

*Would you?*

*When?*

*Could you allow that resistance into your awareness?*

*Could you welcome it?*

*Then, could you let it go?*

*Would you?*

*When?*

*Could you welcome that resistance into your awareness?*

*Could you just allow yourself to resist for a moment?*

*Then, could you let it go?*

*Would you?*

*When?*

*Could you just allow yourself to feel the resistance?*

*Welcome it into your awareness  
Then, could you let it go?  
Would you?  
When?*

*Simply welcome the resistance into your awareness.  
Could you let it go?  
Would you?  
When?*

### **Stuck on a Feeling?**

*Would I like to change that?*

*Could you allow yourself to welcome that feeling of stuckness as best you can?*

Then, check whether you have a sense of wanting to change the stuckness.

*If you do, could you allow yourself to have that feeling as well?*

*Would you?*

*When?*

Check to see how you feel now.

*Do you feel as stuck? Less stuck? Either way, is there any more feeling of wanting to change it?*

*Could you let go of wanting to change it?*

*Would you if you could?*

*When?*

Again, notice how you feel inside. If you have been open to this experience, you probably feel a little, or a lot, lighter already.

Now, take another look within. Check to see if there is still more of that sense of wanting to change how you feel.

*If there is, could you let go of wanting to change that?*

*Would you?*

*When?*

*Could I allow myself to have an easy and effortless day?*

*Could I allow myself to treat everyone with respect?*

*Could I let go of all self-sabotaging behaviour past, present, and future?*

### **Releasing Wanting to Change**

*Could you welcome whatever feeling is engendered by it as it is?*

*Could you let go of wanting to change it?*

*Would you?*

*When?*

*Now how do you feel? Is there any more of the feeling of wanting to change the way this particular situation is?  
If so, could you let go of wanting to change it?  
Would you?  
When?*

*What if I wanted it to be this way?*

*What if I have spent my whole life trying to develop this degree of stuckness or to create this degree of difficulty?*

*Could you, just for now, as an experiment, let go of wanting to change it?  
Would you?  
When?*

*Does letting go of wanting to change things make you feel a bit uncomfortable? Does it make you feel a little out of control? Could you welcome the feeling?  
Then, could you let go of wanting to change it?  
Would you?  
When?*

*Now, could you allow yourself to feel exactly the way you feel in this moment? Could you welcome it?*

## **Release Underlying Wants**

*Step 1: Focus on your issue and allow yourself to welcome whatever you are feeling in the NOW moment.*

*Step 2: Dig a little deeper to discover whether the NOW feeling comes from a sense of wanting. Ask one of the following two questions:*

*Does the feeling come from wanting approval, control, security, or separation?*

*What is the sense of wanting underneath this feeling?*

*Step 3: Ask yourself one of the following three questions:*

*Could I allow myself to want (approval, control, security, or separation)?*

*Could I welcome wanting (approval, control, security, or separation)?*

*Could I let go of wanting (approval, control, security, or separation)?*

*Step 4: You may use this step at any point during the releasing process to address any feeling, want, or sense of indecision and stuckness.*

*Simply ask: Would I like to change that?*

*Then ask: Could I let go of wanting to change it?*

*Step 5: Repeat the preceding four steps as often as needed until you feel free of the specific want on which you're working.*